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EMMY NOMINEES HENDRICKS, COSTNER, ET AL. DISH ON THEIR EARLIEST TELEVISION LOVES PAGE 21

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Tuesday, September 18, 2012
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Former teacher Mary Gowans leaves Ontario Superior Court Monday in Toronto, where she is on trial for allegedly sexually interfering with and assaulting her one-time teenage male student. PETER SMALL/TORSTAR NEWS SERVICE

Sex allegations ruined my life, teacher claims

Court. Woman accused of sexually assaulting her former student gave up her job and lost her marriage

A teacher says her life was completely destroyed by a teenager's allegations she sexually assaulted him when he was 15.

Mary Gowans explained, under cross-examination Monday, why she resigned as a teacher from the Toronto public board after she was arrested in January 2010 on allegations of having an intimate relationship with her former student.

Prosecutor Soula Olver asked Gowans why she didn't fight for her job as an elementary school French teacher, given she had 15 years' seniority.

"I didn't feel I had any choice," Gowans replied. Her union urged her to quit, advising that the board could fire her without cause, Gowans said.

"My life had been destroyed on every possible level. I felt I didn't have anything left," she said, noting the allegations broke up her marriage.

Gowans, 42, has pleaded not guilty in Ontario Superior Court to the sexual interference and sexual assault of her former student in late 2009 and January 2010.

If convicted, she faces a maximum 10-year sentence for each offence.

Gowans denied Olver's suggestion she quit teaching to avoid an internal investigation by the board. She said the Ontario College of Teachers, as far as she knows, is still conducting the investigation.

The former student, now 18 years old, cannot be identified.

The judge-alone trial continues before Justice John McMahon.

TORSTAR NEWS SERVICE

Conflicting testimony

- In late 2009, the teen testified, they "made out" on at least five occasions, where she would typically straddle him and expose her breasts, he said. Twice, he said, she let him put his hand on her private parts, but she soon stopped him, saying it felt wrong. Gowans denied any of this happened.
- On Jan. 5, 2010, Gowans testified, the boy shocked her by suddenly putting his hand on her crotch as he tried to kiss her. Thereafter she barred him from her house and mulled telling his parents, she said.

Search for remedies after gas-and-dash

Liberal MPP mulls legislation following death of gas-station attendant over weekend PAGE 3

Shortstop in trouble over reported slur

Pictures show Yunel Escobar with homophobic message written in his eye black PAGE 34

Is the single man also an unhealthy man?

Unmarried men less likely to believe they can influence their own health: Study PAGE 32

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Budget

City projects $115M surplus

Wage savings, a hiring freeze and higher revenue from land transfer taxes means the city can expect a surplus of $115 million in 2012.

The surplus, which will be put toward the 2013 budget, was boosted by the fact the city's unions settled for no wage hike this year, while staff vacancies saved the city money in planning, parks and computer departments.

As of June 30, the city employed 48,451 people — 1,860 fewer than council had expected when it approved the city's budget in January. The reduction is due to delays filling vacant positions.

"We're delivering less service," said Coun. Gord Perks, a critic of Mayor Rob Ford's administration. "It looks like what's happening is we're delivering less service than council approved because of an informal hiring slowdown."

On the revenue side, the Municipal Land Transfer Tax levied when homes are purchased is expected to bring in $330 million in 2012, or $41.7 million more than estimated at budget time.

However, finance staff warned that the take could come in at less than $330 million "if a major correction to the real estate market occurs."

The surplus report, to be discussed when council's budget committee meets next week, said the TTC expects to have higher fare revenue of $5 million, along with savings of $10 million due to reduced diesel and natural gas prices and lower Wheel-Trans demand.

The Toronto Police Service has a larger-than-expected number of officers on unpaid leave, contributing in part to a projected $2-million surplus in the 2012 police budget.

TORSTAR NEWS SERVICE

PRAYER VIGIL
Monday Night~7pm
Sep. 17, 2012
Roselawn, Just West of Marlee
Prayer Vigil for our friend and local gas station attendant who was tragically killed Saturday night while on duty.
For further info contact the office of MPP Mike Colle: 416-781-2500

A Shell station where gas-station attendant Jayesh Prajapati was fatally injured Saturday while trying to stop a driver who was pulling out without paying, is seen in the background. A prayer vigil for Prajapati is posted at Roselawn and Marlee avenues Monday. VINCE TALOTTA/TORSTAR NEWS SERVICE

'Gas and dash' death renews calls for change

Legislation eyed.
MPP backs mandatory pre-pay pump system, but some say one-size-fits-all approach won't work for every station

Premier Dalton McGuinty says his government has a "shared responsibility" to look at how to make gas stations safer to work at after a "gas and dash" incident this past weekend left 44-year-old attendant Jayesh Prajapati dead.

"One of the things that we owe that family and that gentleman in particular is to take a long, hard look at what lessons we might draw from this," McGuinty told reporters.

Liberal MPP Mike Colle (Eglinton-Lawrence) has taken the lead on the issue and said he'll push for legislative remedies if oil and gas companies don't make changes.

"It's not too much to ask to stop this kind of craziness from happening again."

Colle supports a mandatory pre-pay pump system, as has been implemented in British Columbia, to stop people from stealing gas.

But not all gas station operators are on board with that idea.

Peter Boag, president of the Canadian Petroleum Products Institute, said a one-size-fits-all approach won't work for every station.

It's not the first time the provincial government has talked about preventing gas and dash deaths.

The Ministry of Labour said it was searching for solutions last year after a 62-year-old gas attendant in Mississauga died after trying to stop a fleeing gas thief.

Ministry of Labour spokesman Bill Killorn said the ministry has looked at solutions to gas thefts from other jurisdictions but the issue isn't black or white.

For example, operators of small gas stations in rural Ontario have said it may not be financially feasible to switch pumps to a pre-paid system.

Colle is working with the ministry, which is investigating the incident. The ministry investigates any time there's a fatality at a workplace.

TORSTAR NEWS SERVICE

OFL urges criminal investigation

The Ontario Federation of Labour wants police to press criminal charges against Shell Canada amid allegations the station Jayesh Prajapati worked at may have an unofficial policy of docking worker wages for gasoline theft that occurred on their shift. There's no other indication the station has this policy.

- Staff are never supposed to try to stop vehicles involved in gas thefts from leaving a site, Shell Canada spokesman David Williams wrote in an email.
- Withholding or deducting an employee's wages for gas stolen on his or her shift would violate the province's Employment Standards Act.

SMENEWS

Mobile news

Qriket

As Zellers closes its doors, the company has put Zeddy the mascot up for grabs. Scan the code to watch what the famed bear has to say about the situation.

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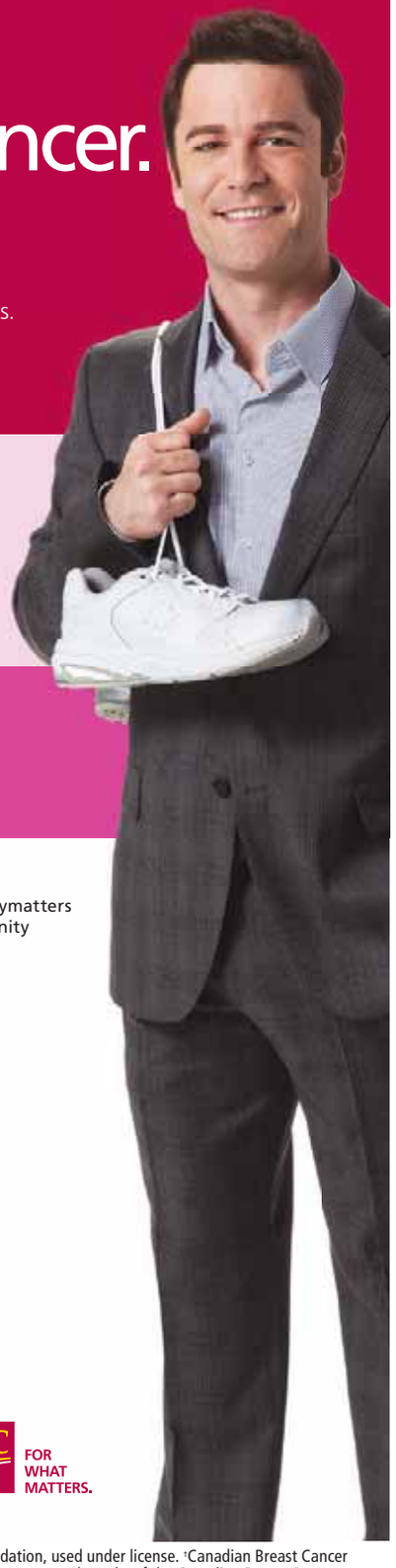

Yannick Bisson
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Ontario ready to fix animal welfare laws: Premier

Pledge. Marineland whistleblowers prompt province with petition

Ontario is ready to strengthen its animal welfare laws, Premier Dalton McGuinty said Monday.

"My sense is we're going to have to do something," McGuinty said in response to six Marineland whistleblowers who presented a petition with nearly 77,000 signatures to Queen's Park.

"Laws need to be changed in Ontario, they need to be established so the suffering of animals no longer continues," said Phil Demers, a former marine mammal trainer at the park who quit earlier this year.

McGuinty's pledge came as a result of a recent Torstar News Service investigation, where former trainers blamed chronic health issues among sea mammals, including the recent death of a baby beluga, on staffing shortages and sporadically poor water at the park.

Jim Hammond, a former land animal care supervisor at the park, choked up at one point on Monday, saying he failed the animals.

"Provincial regulations are necessary and that's why we're all here," Hammond said. "We have to speak for the animals that cannot speak for themselves."

Currently, there are no regulations regarding sea mammals or other animals in captivity in Ontario.

McGuinty said his minority Liberal government is ready to move on tougher animal protection laws once more dust settles from the Marineland situation.

"We acknowledge the concerns expressed in that petition, but at the moment there's an ongoing investigation," he told reporters touring construction for the downtown rail link to Pearson International Airport.

TORSTAR NEWS SERVICE

Quoted

"Right now in Ontario, anybody can open a zoo or aquarium or menagerie. You do not require a license from a provincial government, ministry department or any agency whatsoever."
Rob Laidlaw, director of Zoocheck Canada

Recycled tires help create a playground landscape

If you take a trip to Evergreen Brick Works, a dynamic community environmental centre created on the site of a former brick factory just off the Don Valley Parkway, you'll find out what's happened to at least 1,265 tires that were diverted from landfills.

As part of a contest-winning design from two former Humber College design students, those tires have been deftly ground up, reshaped, reconfigured and regurgitated into a variety of products used to create a small play and relaxation area called On the Riverbank.

Gloria Perez and Jessica Gafic, Humber College interior design graduates, won last fall's inaugural challenge to Ontario post-secondary design students. The two young women, who split $3,000 in prize money, spent a lot of time researching Ontario-made products made from recycled tires before coming up with their creative, sustainable design, which incorporates play and relaxation themes with a nod to the natural environment.

Gloria Perez, 29, left, Jessica Gafic, 26, from Humber College in the middle of the new space they created. COLIN MCCONNELL/THE TORONTO STAR

TORSTAR NEWS SERVICE

Copyright clearance?

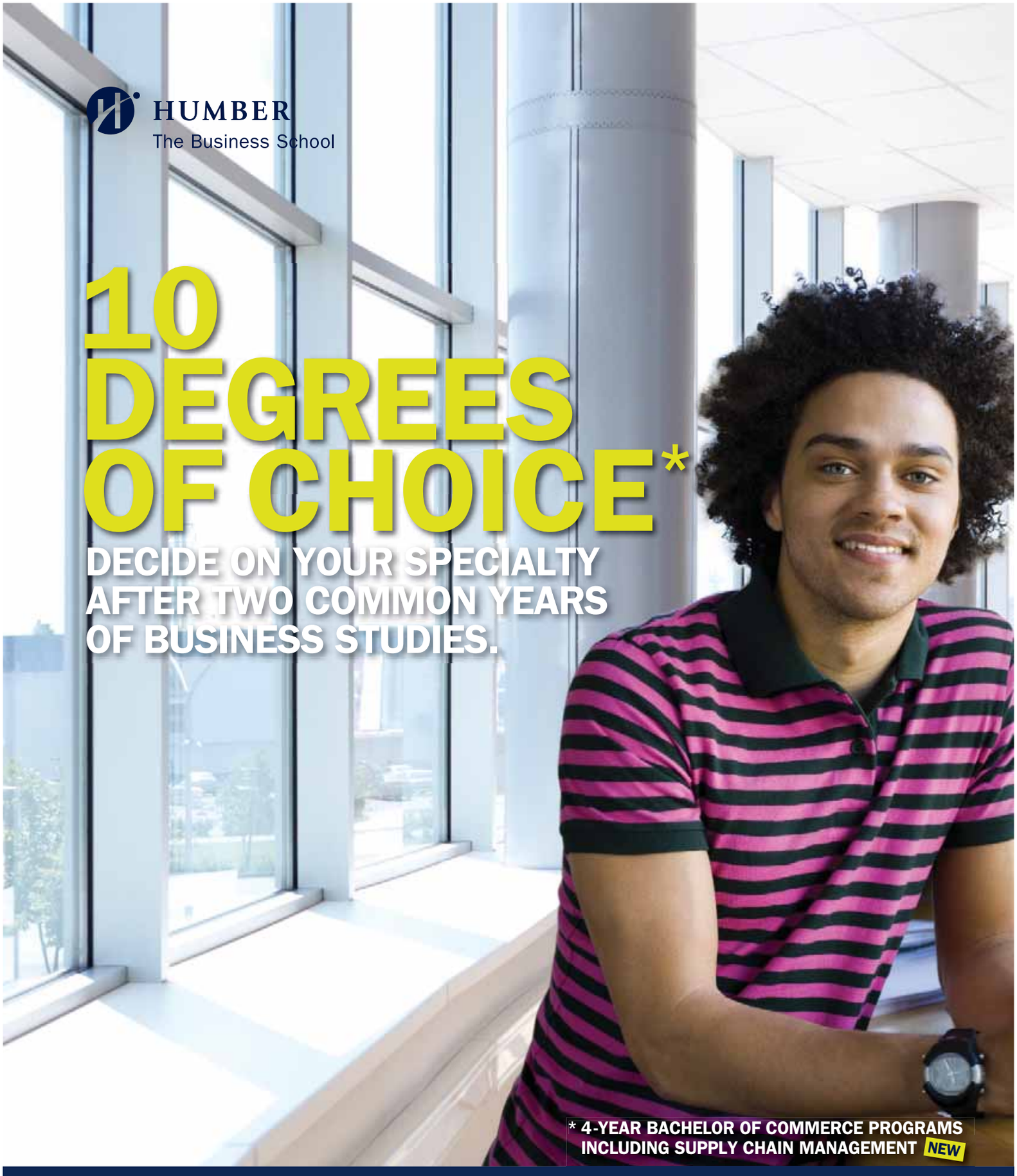
OCAD textbook ticks off art students

A growing number of disgruntled art students at the Ontario College of Art and Design University (OCAD) are protesting a curriculum requirement that asks them to cough up $180 for a visual arts textbook devoid of visuals.

According to one disgruntled parent, OCAD is asking students to buy an imageless book for a class called Global Visual and Material Culture: Prehistory to 1800. The real kicker for students, blogger BrentAshley says, is they are then expected to go online to view related images the user describes as "essential for studying art history." In a note posted online by BrentAshley, school officials responded saying the book is complete and images are not included because the publisher could not secure copyright clearance "in time". They note that if the textbook did contain photos it would cost students over $800.

A dean at OCAD has scheduled a townhall meeting to discuss the issue, but that has done little to lessen the number of disillusioned students flocking to ipetitions.com (a petition website) to voice their displeasure. At the time of printing the petition garnered 285 votes.

TAKARA SMALL/METRO TORONTO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Heroes parade. Hundreds of thousands expected at Olympians' march in downtown Toronto

For weeks they thrilled Canadians with their athletic excellence and the manner in which they represented their country and themselves.

On Friday, Torontonians can show their appreciation for Canada's Olympians and Paralympians at the Olympic Heroes parade.

The parade — running from Albert and Bay streets through the financial district and winding up with a public celebration at Maple Leaf Square adjacent to the Air Canada Centre — begins at about 11:30 a.m.

Officials with the Canadian Olympic Committee expect more than 200 athletes to march, and they anticipate hundreds of thousands of supporters along the route.

Canada won 18 medals at the London Olympics and another 31 at the Paralympics shortly after.

The parade will wrap up three days of celebration of the athletes in Toronto and Ottawa.

On Thursday, the athletes will tour Toronto schools and hospitals and attend a provincial government reception, followed by a dinner at Ronald McDonald House.

After Friday afternoon's parade and celebration, the COC will hold Hall of Fame induction ceremonies as part of a gala dinner and reception at the Air Canada Centre.

TORSTAR NEWS SERVICE

Britpop sensation Ed Sheeran drops in for a Lego House party

A rapt audience surrounds English singer/songwriter Ed Sheeran on Monday at MuchMusic headquarters on Queen Street West. Sheeran appeared on New.Music.Live to chat with hosts Lauren Toyota and Scott Willats before his concert at Echo Beach in Toronto last night. He warmed up for the show by playing a short set for screaming fans. CONTRIBUTED/MUCHMUSIC

Keep single-family home portfolio, Toronto housing report recommends

Coun. Ana Bailao releases her working group's long-awaited report on the fate of single-family homes operated by Toronto Community Housing Corp. at city hall on Monday. PAWEL DWULIT/TORSTAR NEWS SERVICE

Toronto Community Housing Corp. Only 55 of 619 homes would be sold under new plan for housing agency

The push to sell off Toronto Community Housing Corp.'s portfolio of 619 single-family homes has been overshadowed by a new report that advises selling only 55 of the homes, each valued at more than $600,000.

The plan, Putting People First, also calls for selling up to 100 of the homes to the tenants, with interest-free financing from Habitat for Humanity Toronto.

The 55 homes are expected to net $35.5 million, while other savings and revenues will give TCHC a total of $120 million in new money for repairs over the next two years, said Coun. Ana Bailao, chair of the working group set up to figure out what to do with the houses.

TCHC, backed by Mayor Rob Ford, originally wanted to sell 872 single homes to raise money for about $751 million in repairs. The report will be discussed by council's executive committee, chaired by Ford, on Oct. 9 and then go on to council Oct. 30 for final approval.

Eugene Jones, TCHC president and CEO, said the backlog of repairs will worsen if new money isn't found.

"Without new money, within five years many more of our buildings will have declined into a state of critical disrepair," he said. "They will be unsafe to live in and far too costly to fix. Action is clearly needed now."

The Bailao report changes the focus from selling social housing units to fixing them up, said Michael Shapcott, housing director at the Wellesley Institute.

"Over the past year, there's been a climate of hysteria generated by certain political interests to justify a massive sell-off of housing," he said. "What this report does is shift the conversation so we're no longer doing that sell-off."

TORSTAR NEWS SERVICE

Home-ownership plan

- Almost all the tenants wanted to know more about the possibility of buying their homes from TCHC, said Neil Hetherington, CEO of Habitat for Humanity Toronto.
- Habitat for Humanity is proposing to offer interest-free mortgage financing to tenants, which would keep mortgage payments at an affordable $400 a month. The proposal would have to be approved by city council.

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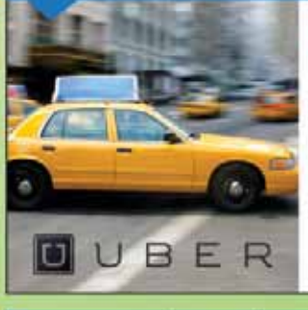

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Hezbollah leader emerges to spur on protests against U.S.

Anti-Islam video. Demonstrations at U.S. institutions abroad turn violent

In a rare public appearance, the leader of the militant Hezbollah group exhorted hundreds of thousands of supporters Monday to keep up the campaign against an anti-Islam video that has unleashed deadly violence and anger at the United States across the Muslim world.

Although the massive, well-organized rally in Beirut was peaceful, protesters in Afghanistan set fires near a U.S. military base, clashed with police in Pakistan, where one demonstrator was killed, and battled with officers outside the U.S. Embassy in Jakarta, Indonesia, the world's most populous Muslim country.

The turmoil surrounding the low-budget video that mocks the Prophet Muhammad showed no sign of ebbing in the week after protesters first swarmed the walls of the U.S. Embassy in Cairo. Four Americans, including the U.S. ambassador to Libya, died amid a demonstration in the eastern Libyan city of Benghazi.

At least 10 protesters have died in the riots, and the targeting of Western diplomatic sites has forced Washington to increase security in several countries. Diplomats at the U.S. Embassy in Beirut destroyed classified material as a security precaution, according to a State Department status report.

The appeal for sustained protests by Sheikh Hassan Nasrallah, the leader of Lebanon's powerful Hezbollah group, could stoke more fury over the video, Innocence of Muslims.

THE ASSOCIATED PRESS

Backlash around the world

- Russia's Prosecutor General's office said Monday it will ask the courts to outlaw the Innocence of Muslims film as "extremist and offending believers."
- Iran's top leader urged the West Monday to show it respects Muslims by blocking the film, saying Western leaders must prove they are not "accomplices" in a "big crime."
- Authorities in Germany are considering whether to ban the public screening of the film, German Chancellor Angela Merkel said Monday.

A Lebanese woman in the southern suburb of Beirut smokes a water pipe as she sits in an empty lot with her family watching Hezbollah supporters march during a rally denouncing an anti-Islam film that has provoked a week of unrest in Muslim countries worldwide, on Monday. HUSSEIN MALLA/THE ASSOCIATED PRESS

Footage surfaces

Rescue bid documented

Libyans tried to rescue Ambassador Chris Stevens, cheering "God is great" and rushing him to a hospital after they discovered him still clinging to life inside the U.S. Consulate, according to witnesses and a new video that emerged Monday from last week's attack in the city of Benghazi.

The group of Libyans had stumbled across Stevens' seemingly lifeless body inside a dark room and didn't know who he was, only that he was a foreigner, the man who shot the video and two other witnesses said. The account underlines the confusion that reigned during the assault by protesters and heavily armed gunmen that overwhelmed the consulate in Benghazi last Tuesday night, killing four Americans, including Stevens, who died from smoke inhalation soon after he was found. THE ASSOCIATED PRESS

Anti-American protests

U.S. diplomats at Beirut embassy destroy documents

Diplomats at the U.S. Embassy in Beirut have started to destroy classified material as a security precaution amid anti-American protests in Lebanon and elsewhere in the Middle East and North Africa.

A State Department status report said the Beirut embassy had "reviewed its emergency procedures and is beginning to destroy classified holdings." It also said that local Lebanese employees were sent home early due to protests by the militant Shiite group Hezbollah over an anti-Muslim film produced in the U.S.

THE ASSOCIATED PRESS

Italy to represent Canada's interests in Tehran

Italy Foreign Minister Giulio Terzi
THE CANADIAN PRESS FILE

Italian Foreign Minister Giulio Terzi says Italy will look after Canadian interests in Iran after Canada shut down its embassy there earlier this month.

Terzi said Monday that Canada, Italy's "important friend and ally," had requested Rome assume protection of Canadian interests there following the Sept. 7 closure of the embassy in Tehran.

Canada also severed diplomatic relations with Iran and ordered Iranian diplomats to leave, branding the Islamic republic as the most significant threat to world peace.

The surprise move reinforced Canada's close ties with Israel, Tehran's arch enemy.

Iran called Canada's embassy closure "hasty and unwise" and said it would react in the near future.

Tehran denies suspicions it is intent on developing nuclear weapons, with Israel especially worried.

Switzerland represents U.S. interests in Iran.

THE ASSOCIATED PRESS

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Teachers' strike. Chicago mayor seeks court order

Chicago's mayor turned to the courts Monday to try to end a teachers' strike in the nation's third-largest school district that entered its second week.

The union immediately condemned the move as an act of vindictiveness by a "bullying" mayor.

The strike has been uncomfortable for the Obama administration with the presidential election approaching, as Mayor Rahm Emmanuel is a former chief of staff to President Barack Obama, and Democrats traditionally get union support.

The strike is the first for the city's teachers in 25 years and has kept 350,000 students out of class.

A spokeswoman for the mayor, Sarah Hamilton, said attorneys asked a state circuit court to force Chicago Teachers Union members off the picket line and back to school.

The union and school leaders had seemed headed toward a resolution at the end of last week, but teachers decided Sunday to remain on strike, saying they needed more time to review a complicated proposal.

Central to the debate are two issues that have national concern: teacher evaluations and job security.

Emanuel said the strike was illegal because it endangers the health and safety of students and concerns issues that state law says cannot be grounds for a work stoppage.

THE ASSOCIATED PRESS

Salaries

$76K

With an average salary of $76,000, Chicago teachers are among the highest-paid in the U.S.

Milton

Barn fire reveals grow ops on land

Investigators looking into a barn fire in Milton found two illegal grow ops on the property — along with two large pythons.

Several other reptiles, including an alligator, are believed to have died in the fire.

Police say firefighters who responded to the blaze Saturday found 200 marijuana plants in the barn, while about 66 plants were found in the house.

Stanley Stainton, 48, of Milton, is charged with production of a controlled substance and possession.

THE CANADIAN PRESS

Group of 20 summit

Cop found guilty of misconduct

A British police officer was found guilty of gross misconduct and fired from the London force Monday over an incident that resulted in the death of a man during a Group of 20 summit in London in 2009.

Officer Simon Harwood hit 47-year-old newspaper vendor Ian Tomlinson with a baton and shoved him to the ground as Tomlinson tried get out of a cordon containing protesters. Tomlinson collapsed and died moments later. His death became a rallying point for those who alleged police brutality. THE ASSOCIATED PRESS

Top spy rejects call for oversight of CSIS

Human rights. Commission says effectiveness of agencies depends on public trust

Canada's top spy has rejected a call from a federal watchdog for more scrutiny of the Canadian Security Intelligence Service's human rights record.

In a newly declassified memo, CSIS director Dick Fadden dismisses the Canadian Human Rights Commission's recommendation that national security agencies do more to ensure they are not taking part in racial profiling or other objectionable practices.

"I am confident in the service's existing human rights policies and procedures, as well as our accountability and review structures," Fadden says in the January 2012 memo to Public Safety Minister Vic Toews.

"We have taken aggressive proactive steps to prevent discrimination and profiling in the service, and our investigation and reporting are pursued to protect Canadians and not out of any discriminatory bias."

The memo was provided by Mike Larsen, a criminology instructor at Kwantlen Polytechnic University in British Columbia, who obtained it under the Access to Information Act.

Fadden's memo came two months after the human rights commission tabled a report to Parliament urging the government to bring in amendments that would underline the importance of respect for human rights in the policies and operations of CSIS, the RCMP and other security agencies.

The changes would require each organization to have a human rights accountability structure in place. In addition, the security agencies would have to report publicly and regularly on their human rights records.

"Analysis of a decade of research clearly shows that there are no means to assess the human rights performance of Canada's national security organizations," says the report. The report notes that concerns have been raised about the profiling of individuals since 9-11.

THE CANADIAN PRESS

CSIS head Dick Fadden waits to testify at the Commons public safety committee on Parliament Hill in Ottawa on July 5, 2010. Canada's top spy has rejected a call for more scrutiny of CSIS's human rights record. ADRIAN WYLD/THE CANADIAN PRESS

Who does what

- **CSIS.** Investigates threats, analyzes information and produces intelligence. The Harper government recently abolished CSIS' inspector general, an independent watchdog.
- **Public Safety Department.** Co-ordinates and supports federal organizations to ensure national security and the safety of Canadians.
- **RCMP.** National police service. International Operations Branch assists the Liaison Officer Program to deter international crime relating to Canadian criminal laws.
- **Communications Security Establishment.** Oversees electronic eavesdropping and provides technical and operational assistance to federal law enforcement and security agencies.

Conservatives welcome NDP with 'bald-faced lie'

Parliament resumes.
Harper joins in on carbon tax tirade against opposition leader

People in the Occupy Movement take part in a rally on Parliament Hill in Ottawa on Monday. Occupy protesters returned on the one-year anniversary of the movement. See the photo gallery online at metronews.ca. SEAN KILPATRICK/THE CANADIAN PRESS

Canada's parliamentary engine sputtered back to life with a hyper-partisan bang Monday as the Conservatives sought to tarnish New Democrat Leader Tom Mulcair by accusing him of planning to impose a carbon tax on unsuspecting Canadians that the NDP has never proposed.

Even Prime Minister Stephen Harper got in on the act, demonstrating that a three-month summer break has done little to soften the Conservative government's go-for-the-jugular partisan instincts.

Harper, his ministers and his backbenchers repeated at every opportunity their tirade against Mulcair's alleged carbon tax proposal, disregarding the fact that the NDP has never actually proposed a carbon tax.

Indeed, Mulcair and his predecessor, Jack Layton, have proposed a cap-and-trade system to reduce greenhouse gas emissions — a proposal Harper himself championed for several years before dropping the idea.

At no point did the Tories ever refer to their own proposal as a carbon tax — but now, it seems, they're not about to let facts get in the way of a good partisan attack.

"Cap and trade or cap and tax, a price on carbon is a tax on carbon. That makes it a carbon tax," asserted New Brunswick MP John Williamson.

Mulcair refused to respond to the attacks on his supposed carbon tax plan — an assertion he's described as a "bald-faced lie." THE CANADIAN PRESS

Rebuttal

"The NDP's top priority is the economy. The Conservatives' ... is making things up about the NDP."
NDP Leader Tom Mulcair

Abortion. Conservative MP looking to re-open contentious debate

The Conservative MP seeking to re-open debate on fetal rights and abortion says it should be up to Parliament to resolve an issue the courts "left open."

But Kitchener MP Stephen Woodworth said he is not optimistic he will get the 50 per cent necessary to pass a motion he sponsored to study the definition of "human being" in the Criminal Code.

Woodworth said his motion comes to a final vote in the House of Commons on Sept. 26, and would merely strike a committee to study the issue, and open a "respectful dialogue" on what he argues is a pressing matter.

He argued it won't seek to write a new abortion law, but at the same time Woodworth claimed the current legal environment around abortion practices is "dishonest."

At a news conference, Woodworth challenged anyone claiming a fetus at eight or nine months gestation is not a child and asked, "Does abortion access really depend on that kind of fraud?" TORSTAR NEWS SERVICE

Non-conviction records

Background checks tainting thousands

Thousands of Canadians are being unfairly and often unwittingly tainted by information contained in police background checks, a prominent civil liberties group said Monday.

The result is that people are denied employment or run into a host of other problems, including finding housing or travelling across the border, according to the Canadian Civil Liberties Association.

At issue is the disclosure of "non-conviction" records — information about an investigation, arrest or charge that did not lead to a conviction.

Disclosure of such sensitive information may undermine the presumption of innocence, the association said. THE CANADIAN PRESS

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Orlando Family Special
Air + 6 Nights + Car $422◊
Orlando Continental Plaza — incl $114 base + $308 taxes & fees
INCLUDES accom near theme parks with 7-day car rental. Price per person based on family of 4. Departs Oct 28/vth/c6.

New York Air + 3 Nights 4-Star $669
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China scandal. Trial of former police chief begins with unexpected secrecy

A trial has begun in China for an ex-police chief at the centre of the country's worst political scandal in decades.

Court officials unexpectedly staged a closed-door hearing Monday, a day earlier than publicly announced.

Authorities justified the closed proceedings by saying "state secrets" were being discussed in the trial of Wang Lijun, who is charged with defection, abuse of power and other crimes.

"It was closed according to Chinese law because it involves state secrets," said defence lawyer Wang Yuncai, who is not related to her client.

On Tuesday, the court is scheduled to hold the previously announced public portion of the trial — though foreign media won't be allowed in — and the hearing is expected to go over allegations of bribe-taking and other charges.

The trial was the latest wrinkle in the bizarre months-long scandal that started when Wang fled to the U.S. Consulate in February and divulged the murder of a British businessman.

It resulted in the removal of his boss, senior politician Bo Xilai, from the communist leadership.

During his 33-hour stay at the consulate, Wang claimed that Bo's wife was involved in the murder.

Wang was apparently unable to get asylum in the U.S. Bo's wife was convicted of the murder, after she confessed in court.

THE ASSOCIATED PRESS

Gang-buster

A career policeman of more than two decades, Wang Lijun made a name for himself as a gang-buster in a northeastern province where he met Bo, then a fast-rising politician.

- The two rode to national fame together, launching a high-profile sweep against organized crime in Chongqing, an inland megacity where Bo had been named party chief.

Obama program. Illegal immigrants swamp L.A. school district for records

Thousands of illegal immigrants have inundated America's second-largest school district with requests for copies of records that might qualify them for the Obama administration's Deferred Action for Childhood Arrivals program, the district said Monday.

Under the program, people who are 30 or younger will be allowed to stay in the United States and work for up to two years if they prove they've lived in this country continuously since June 2007.

Applications can be renewed every two years.

An estimated 200,000 current and former students in the Los Angeles Unified School District might be eligible for the federal program,

"We looked at the birth years that this program covers and there were about 200,000 students that listed another country of origin," Ramos said. "We have probably the highest number of students who would be eligible for this."

"I feel like doors are opening up for me," said Saul Berrera, 17, who was 10 when his mom brought him from El Salvador. THE ASSOCIATED PRESS

U.S. President Barack Obama greets people at an election campaign event in Cincinnati, Ohio, on Monday. CAROLYN KASTER/THE ASSOCIATED PRESS

Vatican

Judge sets date for trial of Pope's former butler

Pope Benedict's ex-butler and another Vatican lay employee will go on trial next week in the theft of papal documents that exposed alleged corruption at the Holy See.

Judge Giuseppe Dalla Torre said Monday the first session would begin Saturday, Sept. 29.

Paolo Gabriele is accused of grand theft. Claudio Sciarpelletti, a computer specialist in the Vatican, will be tried on a lesser charge.

THE ASSOCIATED PRESS

Newfoundland

New trial for dad in toddler deaths

A new trial has been ordered for a Newfoundland man convicted of drowning his twin daughters, age 3, in a lake. Nelson Hart was found guilty in 2007 of first-degree murder. On Monday the Court of Appeal ordered a new trial. THE CANADIAN PRESS

Shuttle's last journey

Endeavour still stuck in Florida

Space shuttle Endeavour apparently doesn't want to leave home.

NASA's youngest shuttle was supposed to depart Florida's Kennedy Space Center on Monday for its permanent museum home in Los Angeles. But stormy weather along the Gulf of Mexico nixed the plans.

NASA aimed for a Tuesday bon voyage but that ended up getting scrapped as well. Endeavour's departure is now set for Wednesday morning atop a modified jumbo jet.

THE ASSOCIATED PRESS

Two new ads

Romney fights to regain ground

Mitt Romney is attempting to get back on solid footing amid reports of bitter infighting at his headquarters as Barack Obama edges past his Republican rival nationally and in several swing states.

THE ASSOCIATED PRESS

Suu Kyi begins landmark visit to U.S.

Democracy icon. Tour is the latest milestone in her journey from political prisoner to globe-trotting stateswoman

Myanmar democracy leader Aung San Suu Kyi, renowned for her peaceful struggle against military rule, began a marathon tour of the U.S. Monday.

The Nobel Peace laureate will be presented with Congress's highest award during a 17-day visit that comes as the Obama administration considers easing remaining sanctions on the country, also known as Burma.

Suu Kyi meets Tuesday with U.S. Secretary of State Hillary Rodham Clinton and is likely to visit the White House. She then goes to New York, the American Midwest and California in a whirlwind of speaking engagements and award ceremonies, as if making up for lost time for the years of confinement that prevented her from travelling overseas since the late 1980s.

Since her release from house arrest in late 2010, Suu Kyi has transitioned from dissident to parliamentarian. Myanmar has shifted from five decades of repressive military rule, gaining international acceptance for a former pariah regime.

Now confident of her position inside Myanmar, Suu Kyi has in the past four months started to spread her wings. She has travelled to Thailand and five nations in Europe, where she was accorded honours usually reserved for heads of state.

Revered by Republicans and Democrats alike, Suu Kyi will get star treatment in the U.S. too, although her schedule is being carefully planned to avoid upstaging Myanmar President Thein Sein, who arrives in the U.S. the following week to attend the UN General Assembly's annual gathering of world leaders in New York.

For years, some of Washington's most powerful politicians have been among Suu Kyi's strongest advocates in a rare show of bipartisan consensus. Both when sanctions against the Myanmar junta were imposed, and over the past year when they have been suspended, Democrats and Republicans have found common cause.

THE ASSOCIATED PRESS

Amnesty

Myanmar announced Monday it's releasing 514 prisoners under an amnesty, including political detainees and some foreigners.

Myanmar opposition leader Aung San Suu Kyi arrives at Yangon airport on Sunday to leave for the United States, her first U.S. trip since she was put under house arrest in 1990. KHIN MAUNG WIN/THE ASSOCIATED PRESS

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Quebec. Political corruption, extortion on construction worksites to highlight new session

The underworld will be placed under the microscope this fall when Quebec's corruption inquiry begins probing links between the construction industry and organized crime.

The inquiry head also hinted that there will be testimony about political corruption, as she made her opening statements Monday upon returning from the summer break.

France Charbonneau said most of the work this fall will focus on the infiltration of organized crime into the construction industry.

"We will hear from experts who will describe how organized crime infiltrates the legal activities of the construction sector and puts them in danger," she said in a statement Monday, following a three-month hiatus. Charbonneau said the inquiry will also focus on violence and extortion on worksites.

The commission has heard testimony that two-thirds of political funding is done improperly. THE CANADIAN PRESS

Accused shooter feared PQ win would hurt his business

National Assembly. Premier-designate among PQ MNAs sworn in on Monday

The man accused in the fatal shooting at a Parti Quebecois victory bash feared that anything but a Liberal election win would hurt him financially, according to people who know him.

Richard Henry Bain was arrested after an election-night attack that left one person dead and another wounded.

One of Bain's close friends says the 62-year-old was concerned a PQ win would have a negative impact on the future of his business.

The man said Bain was convinced that he was close to securing provincial assistance that would enable him to transform his fishing camp into an overnight lodge.

Bain faces 16 charges, including first-degree murder, in connection with the shooting that took place only metres from premier-designate Pauline Marois giving her victory speech.

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Pauline Marois before being sworn in as an MNA Monday. THE CANADIAN PRESS

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Orangutan joins cancer fight

A Jungle Island volunteer comforts Peanut, one of the orangutans from a private zoo, as she is treated with R-CHOP therapy, a combination of drugs used in chemotherapy to treat her aggressive non-Hodgkin lymphoma in Miami. Human medical specialists are treading new ground in applying a standard chemotherapy regimen to treat cancer in the orangutans. The apes share about 96 per cent of a human's genetic makeup, and Peanut's treatment plan is closer to that of what a human would receive for the same type of cancer. PAT CARTER/THE ASSOCIATED PRESS

Ohio death row

Overweight inmate requests execution delay

A condemned Ohio inmate who weighs at least 480 pounds wants his upcoming execution delayed, saying his weight could lead to a "torturous and lingering death."

Ronald Post, who shot and killed a hotel clerk in northern Ohio almost 30 years ago, said his weight, vein access, scar tissue and other medical problems raise the likelihood his executioners would encounter severe problems. He's also so big that the execution gurney might not hold him, lawyers for Post said in federal court papers filed Friday.

"Indeed, given his unique physical and medical condition, there is a substantial risk that any attempt to execute him will result in serious physical and psychological pain to him, as well as an execution involving a torturous and lingering death," the filing said.

Post, 53, is scheduled to die Jan. 16.

THE ASSOCIATED PRESS

Repercussions

EU Parliament member fined after outburst

How much does it cost to tell one of the EU's top officials he has "the charisma of a damp rag?" About 3,000 euros, or close to $4,000 US, as a European member of Parliament has discovered.

In 2010, Nigel Farage, an anti-European Union member of the EU Parliament, rose following a speech by Herman Van Rompuy, the president of the European Council. As Van Rompuy listened, Farage, a Briton, added that the former Belgian prime minister came from "pretty much a non-country."

The Parliament docked Farage 2,980 euros — 10 days' expenses. Farage appealed to the European Court of Justice. It ruled this month that he filed his appeal too late and would also have to pay Parliament's legal expenses.

The decision was posted on the court's website on Monday.

THE ASSOCIATED PRESS

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Royals ask French court for injunction on Kate photos

Duchess of Cambridge. French and Italian gossip magazines that have published revealing spreads both owned by Berlusconi publisher

Kate, the Duchess of Cambridge .
THE ASSOCIATED PRESS

A French court was asked on Monday to halt further publication of topless photos of Prince William's wife Kate.

After hearing arguments by lawyers for the British royal couple and for the French gossip magazine Closer, the court said it would rule at noon Tuesday. The royal request was made after Closer printed 14 pictures of the partially clad Kate, the Duchess of Cambridge, in its pages last week.

On Monday, the Italian gossip magazine Chi — similarly owned by Mondadori, the Italian publishing house owned by former Italian Prime Minister Silvio Berlusconi — published a 26-page spread of photos of Kate without her swimsuit top. An Irish tabloid published more Kate topless photos over the weekend, drawing a vow from Ireland's justice minister to revise privacy laws there.

The photos in question show the Duchess of Cambridge relaxing during a holiday at a private villa in Provence, sometimes without her bathing suit top and, in one case, with her suit bottom partially pulled down to apply sun screen.

William's St. James's Palace called the publications of the photos a "grotesque" invasion of the couple's privacy. Lawyers for the royal couple argue that the photos amount to an invasion of privacy.

The royal couple's lawyer, Aurelien Hamelle, told the French court Monday that he is seeking 5,000 euros ($6,400 US) in damages from Closer and an injunction forcing the magazine to stop publishing the issue with the photos. He also asked the court to fine Closer 10,000 euros ($12,800) a day for each day the injunction is not respected, and 100,000 euros ($128,000) if the photos are sold. THE ASSOCIATED PRESS

Feds plan to appeal gun registry ruling in Quebec

The federal government is making good on its promise to appeal a Quebec court ruling that blocked the destruction of gun-registry records and ordered the data handed over to the province.

The government plans to challenge last week's decision by Quebec Superior Court Judge Marc-Andre Blanchard, who voided two sections of the Conservative government's legislation to scrap the long-gun registry.

Minister of State Maxime Bernier made the announcement Monday, on behalf of Public Safety Minister Vic Toews, in response to questions in the House of Commons.

"I'm proud to announce, on behalf of my colleague, the minister of public safety, that the government of Canada will be appealing that decision," Bernier said in French.

Gun data

The Harper government is opposed to relinquishing any data, which it is determined to destroy. It says Quebec can start from scratch if it wants to build its own registry.

Blanchard had ordered the federal government to turn over all records on Quebec-owned rifles and shotguns in the registry to the provincial government within 30 days.

The Conservatives have been adamant about scrapping the long-gun registry and destroying the existing data, saying any province that wants to establish its own registry would be welcome to start from scratch.

Toews later issued a statement expressing disappointment in the court's decision and vowing to fight it head-on, while also trying to tar the Opposition NDP as the enemy of "law-abiding hunters, farmers and sport shooters" in Quebec.

"The will of Parliament and Canadians has been clear," Toews said. "We do not want any form of a wasteful and ineffective long gun registry." THE CANADIAN PRESS

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Ford deals with CAW, while talks continue

Reasoning. Strike stalled as union agrees to negotiate more with GM and Chrysler

The Canadian Auto Workers union struck a tentative four-year deal with Ford on Monday and extended talks with GM and Chrysler, putting off a threatened strike as a midnight deadline loomed.

"It's a damn good deal in these economic times," CAW president Ken Lewenza said of the Ford deal.

The agreement will give 800 laid off Ford employees the opportunity to get back to work, partially through the creation of 600 new jobs at its Canadian operations.

There are no base wage increases in the agreement, which lasts until September 2016, but each employee will receive $2,000 a year in the second, third and fourth years of the contract to cover cost of living increases, and a $3,000 ratification bonus.

The union is asking Chrysler and GM to accept the deal as a pattern settlement — when a deal with one company forms the basis for agreements with others.

Ken Lewenza, left, CAW president talks to members of the bargaining committee in Toronto on Monday.
CHRIS YOUNG/THE CANADIAN PRESS

Talks with the two automakers continued Monday. The union announced just before 9 p.m. EST that all sides agreed to continue talking — putting off the threatened strike. The union warned, however, that any time it feels talks have stalled it will issue 24-hour strike notice.

General Motors said that it was still committed to reaching a deal that will "improve GM Canada's competitive position for the future," but that it wouldn't comment on the deal with Ford.

Chrysler said it was not "presently offering any comment." THE CANADIAN PRESS

Cooling down. House sales dip across Canada: CREA

Home sales declined 5.8 per cent across Canada from July to August, the largest month-over-month decline since June 2010, according to the Canadian Real Estate Association.

Actual sales activity was down almost nine per cent in August over a year earlier, "providing the first clear indication that the recent changes to mortgage regulations aimed at cooling the market are working as intended," said CREA chief economist Gregory Klump Monday.

"The broadly based decline in August sales activity suggests that some buyers may no longer qualify for a mortgage now that amortization periods of high ratio (less than 20 per cent down payment) mortgages have been shortened," he added.

House prices remained relatively stable across the country, posting increases of just 0.3 per cent on a year-over-year basis and the inventory of homes for sale at the end of August climbed slightly to 6.5 months, up from 6.1 months at the end of July.

Sales declines were posted in about two-thirds of all markets representing 80 per cent of national house sales activity including the GTA, Vancouver, Greater Montreal, Calgary, Edmonton and Ottawa. TORSTAR NEWS SERVICE

City specific

- The seasonally-adjusted average price of a Toronto home held steady in August, up 1.5 per cent to $501,058, up from $493,647 in July.
- The GTA saw a 7.7 per cent decline in new listings, leading the way for a 1.7 per cent decline in new listings across the country.
- While the average Vancouver housing price was down almost 7 per cent in August from over a year ago to $725,086, it was up about 3 per cent in August over July.

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40	$13	$11	$16	$13	$24	$19	$41	$29
45	$16	$13	$23	$17	$33	$22	$57	$38
50	$17	$13	$33	$24	$52	$36	$96	$67
55	$26	$19	$53	$37	$80	$56	$168	$123
60	$37	$26	$88	$59	$160	$110	$310	$212
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70	$102	$70	$246	$167	$492	$328	$971	$652

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‘Fatal Vision’ killer asks for retrial

DNA evidence. Former Green Beret convicted of killing his wife and daughters claims new evidence could prove his innocence

Jeffrey MacDonald is getting another chance to try to prove his innocence more than three decades after the former Green Beret was convicted of killing his pregnant wife and his daughters in the case that was the basis for the book Fatal Vision.

MacDonald is asking a judge to grant him a new trial. The hearing began Monday in a federal courtroom in Wilmington, N.C., with MacDonald’s attorney saying if jurors in 1979 could have considered two new types of evidence in the case, they would have found him not guilty.

MacDonald is serving three life sentences for the 1970 murders of his pregnant wife, Colette, and their two daughters.

THE ASSOCIATED PRESS

Jeffrey MacDonald and his wife Colette in Fort Bragg, N.C., in 1969.
THE ASSOCIATED PRESS FILE

Two new pieces of evidence

- Jeffrey MacDonald’s lawyer plans to concentrate on two bits of evidence — hairs that don’t match MacDonald or his family’s DNA and a statement from Jimmy Britt, a deputy U.S. marshal when the case was tried.
- When those two things are considered with the rest of the evidence, “you would conclude no reasonable juror would find Jeffrey MacDonald guilty,” defence attorney Gordon Widenhouse said.

Man gets death threats over dog

A man who left his dog to die on a Colorado mountain said he received death threats, even though he has paid vet bills and agreed to turn over the dog to one of the rescuers.

Anthony Ortolani said Sunday he is giving the German shepherd mix to one of the people who climbed Mount Bierstadt to rescue Missy after the animal spent eight days on her own last month.

Another hiker spotted the injured dog, and volunteers coordinated a rescue effort through a climbing website.

Ortolani is charged with animal cruelty for leaving the dog behind on a mountain climbing trip. THE ASSOCIATED PRESS

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MARKETPLACE EVENTS

Austria

Saucy starter: McNoodles hit the menu

McDonald's is introducing noodle dishes this week at its restaurants in Austria. The McNoodles come with vegetables and salad, chicken pieces and either sweet and sour or curry sauce. The company says it spent more than a year developing the product.

THE ASSOCIATED PRESS

Market Minute

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OIL
$96.62 US (-$2.38)

GOLD
$1,770.60 US (-$2.10)

Natural gas: $2.865 US (-7.8¢)
Dow Jones: 13,553.10 (-40.27)

The new Apple iPhone 5 is displayed on Sept. 12 in San Francisco. ERIC RISBERG/THE ASSOCIATED PRESS

Ringing in a record: 2 million orders for iPhone 5 on first day

In stores Sept. 21.
As demand exceeds initial supply, some devices are scheduled for delivery in October

Orders for the iPhone 5 topped two million in the first 24 hours after Apple started taking them at midnight Pacific time on Friday. That's more than double the number of iPhone 4S orders on its first full day.

The company also says that while most preorders will be delivered on Friday, demand for the iPhone 5 exceeds the initial supply, so some of the devices are scheduled for delivery in October.

The iPhone 5 has a bigger screen — four inches measured diagonally — that allows room for another row of icons, and widescreen movies to fit better. The calendar will now show five days at a time instead of just three. Previous iPhone models carried 3.5-inch screens. The phone is also thinner and weighs less than previous models.

The phone will be available at Apple stores in Canada on Friday, Sept. 21.

Earlier Monday AT&T Inc. said it set a sales record for the iPhone 5, with customers ordering more of them than any previous iPhone model on the first day of orders and over the weekend.

Apple's stock added $7 US to $698.28 in morning trading after rising as high as $699.54 earlier in the session. THE ASSOCIATED PRESS

By the numbers

4

The iPhone 5's screen measures four inches on the diagonal, versus the 3.5-inch screen on previous models.

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NO SHAME IN BARING IT ALL

SHE SAYS...
Jessica Napier
metronews.ca

I am not what you'd call an exhibitionist.

I didn't grow up in an underpants-only kind of household. When changing for gym class, I would awkwardly wrestle into my sports bra while still wearing a sweater on top (believe me, this is actually not impossible). To this day, the first thing I will do in an unfurnished apartment is hang curtains.

While I might have a bit of a prudish attitude when it comes to my own public nudity, it takes just the briefest moment of browsing online to realize that there are plenty of women out there who have no problem exposing a little skin.

On any given workday, I've accidentally seen about three or four NSFW photos before I finish my first cup of coffee.

Whether or not these online exhibitionists are doing it for the right reasons (empowering self-expression) or the wrong reasons (desperate attention-seeking from creepy Internet lurkers) is up for debate, but there is certainly no shortage of skin on social media and beyond.

However, not all bare breasts are treated equally.

Last week, the Internet got its collective knickers in a twist after a French tabloid published a revealing five-page spread featuring Kate Middleton sunbathing sans bikini top while on vacation at a private chateau.

The magazine's editor-in-chief defended the images, claiming they weren't lewd, but a beautiful intimate series of a young couple in love. Of course, this "tasteful montage" argument might be easier to swallow if the photos weren't captured by slimy paparazzi stalking the royals during what should have been a very private moment.

While many people expressed outrage at this extreme violation of privacy, I was horrified to see just how many people took to Twitter and online comment sections to unleash a barrage of hostility towards the duchess for having the audacity to act like a normal 30-year-old woman on vacation with her husband.

Nipples? Gasp!

Not their fault

To argue that Middleton made a bad choice to go topless or that she "should have known better" is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

Kate Middleton GETTY IMAGES

To argue that Middleton made a bad choice to go topless or that she "should have known better" is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

The violation of Middleton's privacy and the furious responses that followed contribute to the archaic yet persistent notion that as women our bodies, more than anything else, are for display; to be looked at by men, by other women and, evidently, by telescopic lenses emerging from the shrubbery.

Follow Jessica Napier on Twitter @MetroSheSays

These two decades have 22 minutes

JEFF HARPER/FOR METRO

East Coast humour

This Hour Has 22 Minutes marks 20th anniversary

Shaun Majumder and Cathy Jones film a pre-recorded section of This Hour Has 22 Minutes against a green screen at CBC's Bell Road studio in Halifax. The show is celebrating its 20th anniversary, which premieres Tuesday.

For Majumder, striving to "take the piss out of our own culture" will always be an important role for Canadian comedians.

It's what the Gemini Award-winning actor sets out to do each week on the long-running CBC series that jeers Canadian politics and current events.

"We've got a perfect format to continue forever and ever, no matter how many people come in through the cast," said Majumder, who started on the show several years ago as a writer.

Some of the country's most highly acclaimed comedians have called the show home, including Rick Mercer, Colin Mochrie, Greg Thomey and Mary Walsh. METRO

Knee-slapping comedy

Rick Mercer makes for memorable TV

Who can forget the show's long-running Talking to Americans segment, where Rick Mercer set out to expose how little some Americans know about their Canadian neighbours.

Some truly memorable bits included getting Americans to congratulate Canada on legalizing VCRs, or staplers.

Since its inaugural season in 1992, each show has been written and produced within one week at the CBC building on Bell Road in Halifax.

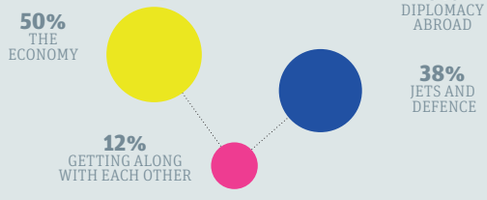
Rick Mercer THE CANADIAN PRESS

Producer Peter McBain said 22 Minutes' East Coast home is important to its perspective on Canadian news. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What are you most hoping Parliament will focus on during the fall session?



Twitter

@kevinkissoon6: iMessage is alive once again. Wtf apple who are you RIM?

@CultureJamMan: Anyone else have a big #tiff12 hangover? and I don't mean the drinking kind! Oh well - next!

@Sattva01: Anyone take notice of how the Liberals in #Ontario are tanking. It seems #Toronto Liberals are NOT liked/trusted by the ppl #topoli #onpoli

@santanabites: #toronto had beautiful weather today. Loving my city. #dontgosummer

@Lichtawoman: I am very depressed about my Jewish life. I wish Swiss Chalet has a rosh hashana special.

@KalimotxoCass: 1st day of the year wearing a jacket! #toronto #autumn

metro

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1030 Sheppard Ave W, Unit 3A
1343 Lawrence Ave W
1062 Albion Rd, Unit A
2129 Danforth Ave
491 Dundas St W, Unit A
1818 Eglinton Ave W, Unit 2
588 Parliament St
Centrepoint Mall
655 Victoria Park Ave, Unit 2
Parkway Mall
642 Danforth Ave
2111 Jane St, Unit 6
900 Dufferin St

Mississauga
Westwood Mall
High Point Mall
Square One
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2550 Hurontario St
888 Dundas St E, Unit B2-3
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30A Rexdale Blvd

Brampton
Kingspoint Plaza
252 Queen St E
Shoppers World

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First Markham Place, Unit 118
Pacific Mall, Unit D56

Scarborough
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Bridlewood Mall
Scarborough Town Centre, Section C
Chartwell Shopping Centre
1885 Kennedy Rd
2667 Eglinton Ave E, Unit 1

DVD reviews

The Cabin in the Woods

Director. Drew Goddard

Stars. Kristen Connolly, Chris Hemsworth, Anna Hutchison

●●●●○

To say The Cabin in the Woods isn't your average horror movie is like observing that King Kong isn't your average ape. Even when major plot twists are revealed — as the trailers do — there are so many others left, you have no reason to scream "spoiler!" That said, you don't want to know too much in advance about this feature directing debut of Cloverfield writer Drew Goddard. He shares screenwriting credits with fellow genre subverter Joss Whedon. Better you should be as naïve as are most of our five cabin-bound college kids, one of them played by a pre-Thor Chris Hemsworth. The film's internal logic may not stand up to close scrutiny, but the intent behind it is rock solid: a horror show that would have impressed even the ancient Greeks, both their warriors and their philosophers.

PETER HOWELL

The Woman in the Fifth

Director. Pawel Pawlikowski

Stars. Ethan Hawke, Kristin Scott Thomas, Joanna Kulig

●●●●○

Ethan Hawke and Kristin Scott Thomas meet in the shadow of the Eiffel Tower in The Woman in the Fifth, but that's about as conventional as this stimulating Paris psychodrama gets. Hawke's sullen Tom, an American novelist consumed by doubt and misfortune, chats with Thomas's mysterious Margit, a translator who seems to include mind-reading among her many talents. The likely touchstone for writer/director Pawel Pawlikowski is the work of fellow Polish director Roman Polanski. We are never sure if what we are seeing is actually happening, including the nature scenes that Pawlikowski interjects as contrast to the urban jungle.

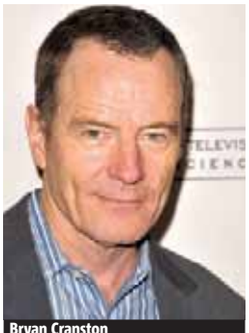
PETER HOWELL

Ode to TV: The shows that inspired the stars

Emmy Awards. Nominees share their memories of television classics, from Bonanza to MASH and wanting to become a Huxtable

Nicole Kidman. THE ASSOCIATED PRESS

Christina Hendricks
THE ASSOCIATED PRESS



Bryan Cranston
THE ASSOCIATED PRESS

Kevin Costner THE ASSOCIATED PRESS

Long before Kevin Costner, Bryan Cranston, Christina Hendricks and Nicole Kidman were Emmy nominees, they were kids who loved watching TV.

"I liked Man from Uncle and High Chaparral," Costner said.

"I really, really liked that when I was a kid."

"I remember the transition from black-and-white to colour," continued Costner, who is nominated as both star and producer of the TV movie Hatfields & McCoys.

"It's like one by one the televisions in my neighbourhood became colour TVs and we would all go look at each other's colour TVs and ooh and aah at Bonanza. I'm kind of glad I saw it all, in a way. I remember the TV would shut off at 11 and just play the national anthem all night long."

Cranston, who is nominated for his role on Breaking Bad — which won him the Emmy Award three years in a row, grew up on The Andy Griffith Show.

"I love the character of Barney: Classic comic character of the absolute confident man with no ability whatsoever. Always funny. The calm and comforting tones of Andy Griffith, who we lost recently," the actor said.

"I think there was just something very sweet and comforting about watching that show, and the simplicity of the lifestyle and a days-gone-by kind of thing."

Hendricks, nominated for the third consecutive time for her supporting role in Mad Men, said her all-time favourites were MASH and Northern Exposure.

"Both of them had a sense of real community and camaraderie among the cast, a sense of friendship in this world that I remember responding to," she said.

Mayim Bialik of The Big Bang Theory was also a Northern Exposure fan.

"They had every kind of possible character," said the actress, who remembered watching the show while starring on Blossom.

"I would have loved to be anything on Northern Exposure, but mostly Rob Morrow's love interest. That would have been my choice."

Kidman, a first-time Emmy nominee for her lead role in the TV movie Hemingway & Gellhorn, said she was raised on The Brady Bunch and Bewitched.

"Growing up in Australia, the mini series was such a big, big thing. It was something that launched my career because I did mini series in Australia," she said.

"I did a thing called Bangkok Hilton and one called Vietnam, which was on the Vietnam War in the '60s and was a hugely rated show.

"That was my big break, really, as an actor."

Sarah Paulson, nominated for her supporting work in the TV movie Game Change, loved Who's the Boss?

"Angela and Tony were who I wanted to be when I grew up. I wanted to have that relationship," she said.

"I watched a lot of television growing up and they were like my surrogate parents. Angela and Tony. I loved 'em."

Jesse Tyler Ferguson, Maya Rudolph and Zooey Deschanel were all fans of The Cosby Show. Ferguson and Rudolph even dreamed of joining the family.

"It felt very familiar," the Modern Family actor said, "and I wanted desperately to be a part of that family."

Rudolph, nominated for hosting Saturday Night Live, said if she were to join the show, "I would have to be a fictional cousin, because I don't think they needed any more children.

"I don't think the Huxtables needed any more children.

"But, listen, if Denise needed a best friend to go shopping with, that's who I would be."

Julia Louis-Dreyfus, a 14-time Emmy nominee and two-time winner, wants to bring back her favourite show from childhood: Flipper.

"Talking dolphin. How can you beat it?" she said.

"Well, sort of talking. It communicated. A dolphin who beats the bad guy every week.

"I think we should redo that.

"I think I'm going to pitch that. That's my new HBO show: Flipper: Part II."

THE ASSOCIATED PRESS

Quoted

"I would have to be a fictional cousin, because ... I don't think the Huxtables needed any more children. But, listen, if Denise needed a best friend to go shopping with, that's who I would be."

Maya Rudolph, who is nominated for an Emmy for hosting Saturday Night Live, on her desire to be part of The Cosby Show's Huxtable family.

The Emmy Awards

The Primetime Emmy Awards will be presented on Sept. 23 at the Nokia Theatre and broadcast live on ABC.

SCENE 2

On the web

Qriket

Keira Knightley to Vogue: I had no life besides acting.

Radio host Jian Ghomeshi's memoir, 1982, is in stores Tuesday. HANDOUT

Ghomeshi opens up

Reading. Popular CBC radio host discusses his awkward teenage life in new memoir

While crafting his memoir, Jian Ghomeshi kept a target audience in mind.

"It's meant for anyone who can identify with being an oddball in high school," Ghomeshi said during a stop in Toronto to promote 1982, in stores Tuesday. "Because it really doesn't change that much from what 20-somethings and 60-somethings on either side of me tell me now."

1982 is about the 14-year-old Ghomeshi growing up in Thornhill, Ont. — a David Bowie-obsessed Persian-Canadian immigrant in love with a cool older girl and desperate to fit in with the New Wave crowd.

Already a recognizable personality as the host of CBC's daily talk radio program, Q, Ghomeshi reveals a more personal side through a collection of 12 music-infused stories that span what he calls a very formative year in his life.

In a candid and witty account of that all-too-familiar awkward stage of adolescence, Ghomeshi shares everything from his obsession with hair gel and pointy black boots to his father's confusion over all of his antics.

"I am me on my show on CBC, but I don't think people see all of me," Ghomeshi says. "I was cognizant about halfway through writing the book that 'Oh, this is going to be a surprise for the people who only know me as the guy interviewing so-and-so.'"

Ghomeshi says he's been approached write a book before, but wasn't interested in a "womb-to-tomb memoir." Instead, he chose a project that tapped into his creative energies.

"I wanted (the story) to be relatable, I also wanted it to be entertaining," he says. "I want people to laugh, I want people to be able to feel the more heavy moments."

Music is the driving force of the memoir. Most anecdotes reference at least one glam rock icon, while every chapter is labelled by a song title. The Talking Heads' Once in a Lifetime chapter covers Ghomeshi's monumental day at the Police Picnic concert, while David Bowie's Let's Dance chronicles that fateful last dance where he wins and loses an elusive girl named Wendy in one whirlwind evening.

Quote

"It's meant for anyone who can identify with being an oddball in high school." Jian Ghomeshi

"Bowie, Talking Heads, the Clash — that's my life right there," Ghomeshi says. "And I will leave this interview and go cry in a fetal position in the corner thinking about how I lost Wendy."

Ghomeshi also works hard to channel his 14-year-old voice into the story, making sure to establish the nuances of teenage life in the 1980s that didn't include Facebook, laptops or iPhones.

"There's a bit of a wink to Generation-Xers, people in their 30s, 40s, early 50s, who will understand what it was like to get a girl's phone numbers and have to call her parents' house before cellphones and texting," Ghomeshi says. "All of which was pretty traumatic stuff." THE CANADIAN PRESS

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Andy Kindler brings ‘alternative comedy’ to the masses

Q&A. Metro chats with stand-up comedian about taking shots at Louis C.K., openly discussing failure and covering the RNC

MARK BRESLIN
For Metro

Starting on Friday, JFL42 will feature 42 comedians and hilarious acts taking place over an eight-day period in Toronto. Metro’s resident funny guy, Mark Breslin, recently interviewed stand-up comedian Andy Kindler, who is among the acts taking part.

So what can we expect to see when you come and perform at JFL42?
I’m still continuing my attacks on other comedians because I felt like I’ve alienated everybody else. I’ve been making fun of Louis C.K.

That takes nerve. Why would you attack Louis CK?
It was at Montreal actually. It’s more about how the media has upgraded him and exalted him.

Isn’t this an extension of what you’ve been doing for years at Just For Laughs with your state of the industry?
Right, but in the past I went after targets everyone agreed about. Leno is still so much fun to make fun of. He cut 10 per cent of his staff but NBC promises the show will still be terrible. It will not be any less or more terrible.

It would seem to me that you’re biting the hand that feeds you.
Well that’s true and I haven’t been able to figure that out, I think you’re supposed to have some kind of feel for politics in my business. I’ve never been any good at that so maybe I need to take a workshop of some kind.

Online

- For more information, a complete list of acts and pass details, visit jfl42.com

Failure is the biggest dirty word I think in America and you’re not afraid to joke about your own failures. I’m wondering where you get that kind of courage from.
I think even the very first time I did stand-up and one of the very first shows I did a joke and it went terrible and I said to the crowd ‘Well that joke seemed to go poorly.’ I was very influenced by people like Johnny Carson and Letterman, and when I was younger, the Woody Allen movies like Manhattan and Annie Hall. When people would make fun of themselves and show their vulnerability, that really connected me to them so I have always felt a kinship with people who did that.

Stand-up comedian Andy Kindler will be performing at JFL42 in Toronto. GETTY IMAGES

You’re also identified with the ‘alternative comedy’ movement. Can you define that for me?
In the early ’90s when the comedy boom became so homogenized, a lot of comics like me got squeezed out of mainstream comedy clubs, so by necessity we had to start our own what we called an ‘alternative movement,’ mostly based in L.A. and New York. So the idea there was that we were basically rebelling; we were trying to find rooms where people would appreciate our kind of comedy.

So I understand that you’ve done some work for David Letterman at the Republican National Convention.
I covered it four years ago and I covered it again two weeks ago and it’s really fun for me because I’m a member of the Democratic party. I loved being there because I find Republicans so entertainingly unpleasant. So it was a lot of fun!

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Bob Crawford carves out his feelings with latest album: The Carpenter

Seeking solace. As Avett Brothers bassist watched his daughter fight brain cancer, he brought his strong emotions to music

After a difficult year, the Avett Brothers are back to focusing on music with a new album and fall tour. MARK HUMPHREY/THE ASSOCIATED PRESS

When things were at their worst, music was a refuge for Avett Brothers bassist Bob Crawford.

Crawford has spent much of the last year caring for his daughter, Hallie, who is fighting brain cancer at the ever-so-tender age of 2. He was off the road and away from his band, travelling to and from St. Jude Children's Research Hospital in Memphis, Tenn., from their home in North Carolina.

Between the scans and the doctor's evaluations and the omnipresent worry, Crawford would sometimes slip away for a few minutes and pick up a fiddle.

"Just spending a half hour in a little room messing around on that thing (has) been some of my most relaxing moments over the past year," Crawford said.

"This whole affair has kind of put music back where it needs to be in my life and my heart."

Hallie has improved enough for Crawford to rejoin the North Carolina roots rockers as they release their new album, The Carpenter, and launch a fall tour. His daughter still has a long way to go, but she's doing well enough that he feels comfortable leaving her.

On the day of his interview, he had just wrapped up a wagon ride down the road with his daughter. Precious time.

"It is always a great thing. Always," Crawford said in a phone interview.

"I tell you, you love your kids immediately as soon as they're born and you can't imagine a greater love than what you share for them. Then something happens or someone gets seriously ill, it heightens all the emotions and the joys get more joyful and the fears and sadness are even more stressful."

The Rick Rubin-produced The Carpenter examines that full spectrum of emotions. Already known as a band with its heart on its sleeve — the group's breakthrough albums were titled Emotionalism and I And Love And You, after all — they dig deeper than ever on an album that's at turns sombre, achingly beautiful and fully aware of the perils of life.

Rubin thinks the trio, who rose to a new level of prominence after appearing with Bob Dylan and Mumford & Sons on the 2011 Grammy Awards, has learned to cut to the bone with its songwriting.

"Sometimes it's with sadness but sometimes it's with beauty, but either way it feels like you're getting in to see somebody in an intimate, vulnerable moment," Rubin said.

THE ASSOCIATED PRESS

New album

- **The Carpenter.** Is the Avett Brothers sixth LP. It was released Sept. 11.

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Matchbox Twenty mix a little woods and a little wine in new LP

Nashville sessions. Booze-soaked recordings yielded some questionable tracks, but they didn't make the final cut

The recording process for Matchbox Twenty's new album was somewhat like living in a frat house — with tons of red wine instead of beer.

While creating North — and living together in Nashville — lead singer Rob Thomas jokes that the foursome "spent, like, $40,000 on wine. Just on the wine."

"At 5, 6 o'clock, we'd break for dinner and things would just go south," Thomas, 40, said in a recent interview. "And we would think it was awesome, everything we were doing was awesome, and we'd come back in and we would meet some new band out in the middle of Nashville and bring them back to the studio ... and play all this crap. I know they walked away going, 'Dude, the new Matchbox Twenty record is going to suck!'"

None of those songs made it on the album North — which may be part of the reason it debuted at No. 1 on Billboard's 200 albums chart last week after selling 95,000 units, according to Nielsen SoundScan. The rockers recorded the album, their first release since the 2007 compilation album Exile on Mainstream, in New York, Los Angeles and "in the woods" of Nashville. They hadn't lived together since doing so when they recorded their 12-time platinum 1996 debut, Yourself or Someone Like You.

But they said reuniting felt "natural" and the musicians began writing material while Thomas toured his second solo album in 2009. Paul Doucette, the band's drummer, said they recorded more than 60 songs, and selecting the final tracks was tiresome. "We became really overwhelmed with the material and really the amount of different directions we (could) take with the material," he said.

"Within those 60 songs there was an Americana record, there was a pop record, there was a rock record."

THE ASSOCIATED PRESS

Tongue-in-cheek single

The album's first single, the lighthearted She's So Mean, is a departure for the rock band, best known for the hits Unwell, 3 AM and Bent. "Our songs are lyrically a bit heavier and not as many tongue-in-cheek kind of songs, and it was kind of nice to come out with something that's not our typical (sound)," drummer Paul Doucette said of the Top 40 hit.

Matchbox Twenty's new offering is called North. CHARLES SYKES/THE ASSOCIATED PRESS

Property Brothers
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NETWORK

Minaj, Urban join Mariah Carey as Idol judges

Nicki Minaj

The new lineup for the 12th season of American Idol is in place, with singers Nicki Minaj and Keith Urban joining already hired Mariah Carey. And original judge Randy Jackson — the only holdover from last season — will keep his spot on the panel. The news was announced on the reality show's Twitter account. Urban had quit his gig as a judge on the Australian version of The Voice last week, prompting speculation that he had in fact signed on for "Idol." There's no word yet on what Minaj and Urban will be making, but chances are it won't be as much as Carey, who earns a reported $16 million for one season of the show.

Lohan upset over fellow troubled starlet

Amanda Bynes has taken Lindsay Lohan's mantle as Hollywood's favourite troubled starlet — at least as far as getting into auto accidents is concerned — and Ms. Lohan isn't thrilled about it. Specifically, she's miffed that Bynes has apparently gotten off easier with law enforcement for her various vehicular infractions. "Why did I get put in jail and a Nickelodeon star has had NO punishment(s) so far?" Lohan angrily tweeted over the weekend. But she may have spoken too soon, as Bynes was in hot water again Sunday. "I can confirm that Amanda Bynes was cited at approximately 8:20 a.m. Sunday for driving with a suspended license," a Burbank, Calif., police spokesman tells People magazine. "Her car was impounded and she received a misdemeanor citation."

Affleck balancing work, family life

Ben Affleck

Ben Affleck may like leading a large family — he and Jennifer Garner have three kids, and he's reportedly considering more — but he's still got work to do. "I don't want to be a stay-at-home dad. Work is very important to me," he tell Details magazine. "I like to work. So does my wife. But I need my work to mean something to me in order for me to not be home with them." That's why Affleck is getting choosy with what film projects he takes on: "Anytime you think, 'I'm wasting my time here,' the first thought you have is 'I could go home and be with my kids,'" he says. "Now, you may go home and be with your kids and very quickly start thinking, 'I wonder what's on the work front?' Because running around after three kids is very trying."

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Twitter

@SandraBernhard
the #x-factor watched it standing up just long enough to catch the tiny beiber look alike get much love from #britneyspears heart wrenching

@ParisHilton
Life only comes around once. So do whatever makes you happy & be with whoever makes you smile.

@JonahHill
Listening to Necro for the first time since high school while pulling an all Nighter on Wolf Of Wall Street. Starting to get loopy.

@SethMacFarlane
You kids don't remember, but once there were sitcoms about something other than gay guys.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Even millionaires get the blues

THE WORD
Dorothy Robinson
scene@metronews.ca

Life is so hard for millionaire Miley Cyrus.

The starlet got a bit mopey the other night with a series of introspective (stoned?) posts to Twitter, causing fans to worry about her happiness.

"Ever feel like you want just … something more? Not sure what exactly. Passion perhaps?" she tweeted.

"Sometimes I feel like I love everyone more than they love me. Hate that feeling. Maybe it's not that they love you less. They just love you the most they are capable of loving." But Cyrus was quick to clear up any confusion over the state of her engagement to Liam Hemsworth, posting, "No, there is not trouble in paradise."

Anyone else read this and picture Miley writing this while gazing wistfully out the window while a lone tear streaks down her face, coming to rest on her $1,000 intentionally distressed Marc Jacobs sweater?

LuAnn De Lesseps is trying for a baby

LuAnn De Lesseps is so ridiculous I don't even want to waste my energy writing about her. But I will, as it is my sacred duty to you, my reading public. Apparently (and no way this can be real), the 47-year-old former Countess is getting IVF treatments along with her 37-year-old French boyfriend Jacques, the man whom she was just caught possibly cheating on while at a trip to St. Barts.

"We're moving forward. I'm going to try IVF," LuAnn says. She then makes a crack that Jacques thinks IVF means "Israeli Defense Fund." You sure you want to procreate with this dude, LuAnn?

"LuAnn is either trying to sell me on the story that everything is perfect or she's trying to sell herself," her co-star, Heather Thomson, said on a recent episode of The Real Housewives of New York City in a moment of surprising insight.

Or, you know, she's trying to sell a desperate, untrue plot point made up by a team of diabolical producers at Bravo. **DOROTHY ROBINSON**

Chris Brown

'Warning: Do not buy this album! ...'

Chris Brown may have trouble moving copies of his new album, Fortune, thanks to one record store chain's interesting warnings.

At London locations of HMV, copies of Brown's CDs have reportedly been affixed stickers that read, "Warning: Do not buy this album! This man beats women," according to Hollyscoop.

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LIFE 3

Bust that BBQ bulge with these workouts

Summer is over. It's time to work off those extra steaks that you and friends chowed down on during the sunny months

MEREDITH ENGEL
Metro World News

Summer is over so it's time to get rid of that BBQ bulge. ISTOCK PHOTOS

As summer winds down, you're likely done trying to get your bikini body or Phelps-like abs. But that doesn't mean you should go hide in sweats for the next nine months. We enlisted Adam Rosante, celeb fitness trainer and founder of The People's Bootcamp, which offers pay-what-you-can classes in New York, to give us some moves to get you fit for fall.

Why these specific exercises? "(These) exercises target almost every single muscle in the body," Rosante says.

Perform each exercise for 40 seconds with 10 seconds of rest between each move. After you've completed all of them, that's one cycle. Rest for 60 seconds, then repeat. Perform the cycle three times. Be sure to keep your core tight throughout the entire workout.

Warm-up
Stay away from the long stretches, Rosante says.

"To just jump right into a long, static stretch is a good way to tear the muscle or fatigue it to a point where you then injure yourself during the workout. You just want to move around and really get the blood flowing. It creates pliability and elasticity in the muscles. Then afterwards, you get into that static, long stretch cool down. That will elongate those muscles and help prevent them from tightening up and becoming short and constricted, so you get a nice long, lean body."

What counts as a good warm-up? Jogging in place for 20 seconds, 20 to 30 seconds of jumping jacks and some torso twists.

"Anything you can do to get your body moving in a functional way," he says.

Power thrusts
Stand with feet hip-width apart. Squat until thighs are almost parallel to the floor, then place your hands on the floor in front of you. Kick your feet back to a push-up position. Immediately return your feet to the squat position and jump straight up as high as you can, reaching the fingertips up and bringing the knees to the chest. Land with soft knees and immediately drop back into a squat. Continue the sequence for 40 seconds.

Push-outs
Start in a push-up position with hands directly below your shoulders. Perform a push-up. At the top of the motion, lift the left hand up and bring it out about a foot to the left on the ground. Perform another push-up with staggered hands. At the top of the motion, explode the left hand back to normal push-up position. Do another push-up. Repeat the move with the right hand. Continue, alternating for 40 seconds.

Scissor switches
Stand with your right foot forward and left foot back. Keeping your torso upright, lower yourself into a lunge until your left knee is bent and your right thigh is parallel to the ground. Jump up and scissor your legs mid-air to land down with soft knees in a lunge with your left foot forward and your right leg back. Continue alternating for 40 seconds.

Power kicks
Stand with your feet hip-width apart. Bring your fists up just below your chin. Now, open up the chest and pull the shoulders down the back. Alternate waist-high front kicks, springing softly from foot to foot so you're never on more than one foot at a time. Continue alternating for 40 seconds.

Bird-dog push-ups

Start in a push-up position with your hands directly below your shoulders to begin with.

- **Exercise.** Perform a push-up. At the top of the motion, extend your right arm and left leg to form a straight line from fingertip to heel. Return them both. Perform another push-up and repeat the arm and leg movement on the opposite side. Continue alternating for 40 seconds.

Best Health

How to boost metabolism

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Want to keep your body burning fat and calories all day long? In the October issue of Best Health magazine, on newsstands now, regular contributor Dr. Susan Biali offers 10 strategies for boosting metabolism. Here are four of them.

1. Enjoy coffee or green tea.
Your morning cup of joe gives your calorie burn a boost for up to two hours. Green tea is a powerful metabolism stimulator, too; drinking it frequently can help to accelerate weight loss.
2. Get enough sleep.
Less than seven hours of sleep a night messes with metabolism-regulating hormones. If you're sleep-deprived, you process carbs less efficiently, and that increases your risk of obesity.
3. Eat more protein.
A 2012 study found that people who ate more protein had a higher resting metabolic rate. Women often don't get enough, so have some lean protein such as fish, chicken or eggs with every meal and enjoy protein-rich snacks such as a handful of almonds.
4. Add chili peppers.
Capsaicin in chili peppers stimulates your nervous system and improves your metabolism after meals. Adding chili to foods also curbs your appetite, so you'll eat less. These benefits are maximized if chilies are eaten regularly, so find ways to spice up your life. For the other six ways to boost metabolism, pick up the latest issue of Best Health, on newsstands now.

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Triathlete Paula Findlay falls in high-risk group

Elite female athletes. Canadian Olympian talking about how her disease was overlooked in the lead up to London

Triathlete Paula Findlay falls in high-risk group for iron deficiency anemia. FRANK GUNN/THE CANADIAN PRESS

The image of a sobbing Paula Findlay crossing the finish line in last place will be one of the most enduring of the London Olympics.

The distraught 23-year-old triathlete from Edmonton said she just "had nothing in my legs," which she now believes was largely the result of iron deficiency anemia.

Canadian sports medicine and nutrition experts say Findlay's health diagnosis isn't particularly surprising.

"Probably our highest risk group is the female elite endurance athlete," said Dr. Julia Alleyne, who's worked with Canadian athletes at five Olympic Games and is the medical director for Sport Care — the sports medicine clinic at Women's College Hospital in Toronto.

Findlay announced earlier this week she was cutting her season short due to iron deficiency anemia. She had hoped to make up for her heartbreak in London with a strong showing at next month's world championships in New Zealand before recent blood work showed low levels of iron.

"Unfortunately the numbers came back with some of the lowest iron levels that the doctors had ever seen," Findlay wrote in a blog entry earlier this week. "It is a simple but quite serious problem that likely had a huge impact on my race in London, and got overlooked because of the focus on healing my injury."

Quote

"It is a simple but quite serious problem that likely had a huge impact on my race in London..."
Paula Findlay

Anemia occurs when a person's blood contains insufficient red blood cells, which carry oxygen to tissues. Symptoms include fatigue, weakness, lightheadedness and mood changes.

"If you're iron deficient, it's more difficult to recover between hard intense effort, it's harder to clear lactic acid, there's not as much oxygen in the blood, which would affect endurance," said Kelly Anne Erdman, a dietician and former Olympic cyclist.

Findlay's diagnosis was more bad news for the former world No. 1 triathlete. A hip injury that had plagued her for a year limited her to just six weeks of quality training before the Games. She had hoped to build on those few weeks and salvage 2012.

Now Alan Trivett, director of Triathlon Canada, is investigating how Findlay's condition wasn't discovered by doctors ahead of the London Games.

THE CANADIAN PRESS

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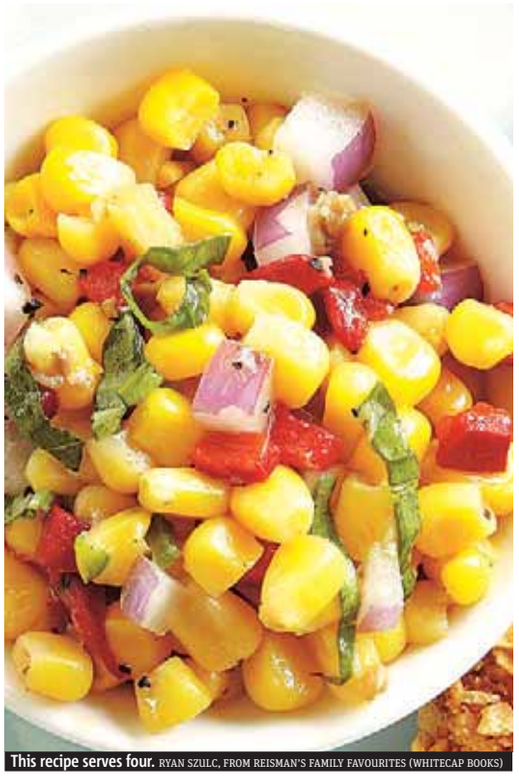

This recipe serves four. RYAN SZULC, FROM REISMAN'S FAMILY FAVOURITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This is the salad to make when corn is at its ripest.

I always look for small white and yellow kernels on cobs that have been picked that day if possible.

You'll have to go to a local farmers' market. It's well worth the trip.

If you want to make this salad year round, buy canned or frozen corn niblets and sauté about 2 cups in a skillet just until browned.

1. Lightly coat a grill pan with cooking spray and set over medium-high heat, or heat your barbecue to medium-high heat. Grill corncobs about 5 minutes, or until corn begins to brown. Using a sharp knife, slice the niblets off of the cobs and place in a bowl.

2. Add red onion, roasted red pepper and basil to corn and stir to combine.

3. To prepare dressing, whisk olive oil, cider vinegar, jalapeño, garlic, salt and pepper. Pour dressing over salad and toss to combine. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional analysis

Per serving

159 calories; 4 g protein; 17 g carbohydrates; 2.9 g fibre; 9 g fat; 1 g saturated fat; 0 mg cholesterol; 168 mg sodium

Ingredients

Salad
- 3 fresh cobs of corn
- 1/2 cup diced red onion
- 1/2 cup diced roasted red pepper
- 1/2 cup chopped fresh basil

Dressing
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 1/2 tsp finely chopped jalapeño pepper
- 1 tsp finely chopped garlic
- pinch of salt and pepper

Health Solutions

Better ways to sweeten up

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Our bodies are not meant to process the intense sweetness of processed sugar. They are made to pull out the natural sugars that come along with other nutrients like the minerals in fruit and the fibre in whole grains.

If we remove the minerals and fibre, the pancreas goes into overdrive and chugs out more insulin than the body knows what to do with. What you really want to do is reduce the amount of sugar in your diet overall.

Then you want to change the type of sweetening to be sure that if you are eating it, it at least offers some other benefit.

Here are the better ways to sweeten up.

- Unpasteurized honey has antimicrobial and antibacterial qualities that have been shown to soothe coughs and sore throats.
- Pure maple syrup (not artificially flavoured brands) contains trace minerals.
- Stevia is a no-calorie sweetener derived from an herb.

The trick is to train your taste buds to need less and less over time. Along the way, try choose something that offers even a little bit more than sweetness.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Grated carrots take the lead in simple salad

Refreshing and simple, this Grated Carrot Salad with Dates and Pistachios is a great and healthy end-of-summer dish.

Shredded carrots are wonderful in a salad. All they need is some Middle Eastern flavouring — paprika and cumin — and a spritz of lemon to balance their natural sweetness. Enhance this basic line-up with a little honey and chopped dates.

1. In skillet over medium-low, heat oil. Add cumin seeds and cook, swirling pan occasionally, until they turn a shade darker and become fragrant, about 4 minutes. Remove the pan from the heat and stir in the paprika and the honey. Let the mixture cool to room temperature.

2. Meanwhile, coarsely grate the carrots, preferably using the coarse grating disk on a food processor. In a large bowl, toss the carrots with the cooled oil-cumin mixture, the dates, lemon juice, pistachios and salt, using your hands to incorporate the dates. Stir in the mint just before serving. **THE ASSOCIATED PRESS/ SARA MOULTON OF TV'S SARA'S WEEKNIGHT MEALS AND AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 3 tbsp extra-virgin olive oil
- 1 tsp whole cumin seeds
- 1 tsp paprika, sweet, hot or smoked, or a combination
- 1 tsp honey
- 1 lb carrots
- 1/4 cup chopped pitted dates (about 4 whole)
- 2 tbsp fresh lemon juice
- 1/3 cup shelled natural pistachios, walnuts or almonds, chopped
- 1/2 tsp kosher salt
- 1 tbsp shredded fresh mint

Private information

Hacked! Learn some anti-fraud practices

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

While on a fabulous European vacation last week, my social media accounts were hacked. The fraudster used a free 'secure' Wi-Fi zone at my hotel to pry into my private information.

Unfortunately, hundreds of fake emails and direct messages were sent out under my name and my business VISA account was compromised before I became aware of the issue.

I always take careful precautions to protect my private information, but I've learned from this experience that I need to step up my anti-fraud efforts.

Hands down, the best way to protect against fraud is to prevent it from happening in the first place using common sense and adopting some anti-fraud best practices.

Use secured wireless networks when you access the Internet. I could have potentially prevented my fraud experience by avoiding signing into my accounts while on an unfamiliar server.

I also made the mistake of not logging off my accounts immediately when I was finished.

When I reported my fraud, the very first thing I had to do was reset my passwords and make them more complex.

As a best practice, change your passwords regularly (every few months). Ensure the password is difficult for fraudsters to guess and contains a combination of numbers and letter.

When surfing the Internet or social networking sites, limit the amount of information you disclose.

Whether through email or on the phone, never give out your address, phone number or banking information to an unfamiliar source.

Filter out bogus emails and phone calls. If you receive unsolicited email requests for information or even to click on an unfamiliar link, verify the message and sender using a third party unrelated to the message.

If you don't recognize a phone number, don't pick it up. Legitimate people will leave a message.

When shopping online, ensure payment websites are secure. If you're not sure it is, call the company that makes the product directly and talk to customer service manager.

Ensure your computer's operating system is fully updated and that you have a robust security system that blocks pop-ups and includes a personal firewall, anti-spam, anti-virus and anti-spyware.

Last, check your credit score at least once a year to see that there are no errors or items you don't recognize.

If you discover a problem, contact the credit bureau immediately and bring in law enforcement if you believe you've been defrauded.

Follow Lesley on Twitter @LesleyScorgie

Get ahead this holiday season by planning ahead

Alison's Money Rule.
Plan now to break habit of overspending during Christmas

YOUR MONEY
Alison Griffiths
money@metronews.ca

Good news! The Canadian Payroll Association's annual survey found that fewer of us would be in financial difficulty this year if a pay cheque was delayed — 57 per cent compared to 47 per cent in 2011.

Now for the bad news! The fact that nearly half of all Canadians would still face severe problems, coupled with record family debt loads spells trouble. It means that any financial emergencies (and life does throw them at us) would have to be paid through greater debt.

The vicious cycle of debt can be broken. But in order to get ahead you have to plan ahead.

Take the holiday season, for example. Canadians spend about $600 to $800 on gifts and that much again on food, decorating and entertaining. Surveys show that Canadians want to spend less but lack of planning and last minute shopping keep tipping us over budget.

There are 14 weeks until Christmas. You'll cut your holiday spending drastically if you create a plan.

1. Go light on the list
Do your holiday list right now and slash it by half, at least. Cards, letters and phone calls are a wonderful substitute.

2. Re-gift
Ten per cent of Canadians give presents they know that the recipient won't like. Go through your house and see what you can find.

Also, create a re-gift box and add to it throughout the rest of the year.

3. Use points
Cash in loyalty points for movie coupons or gift certificates.

4. No gift zones
Extended family members might be happy not to get a present if they don't have to give one.

Also have your kids make cards for teachers, coaches, tutors, etc. They'll appreciate the effort more than a drug-store soap set.

5. Go with gift baskets
Plan them now and add items during sales. It is actually very enjoyable if you aren't stressed and doing it last minute.

Three years ago a beloved dog died and a friend dropped off a basket with winter greenery, homemade jam and a couple of biscuits to cheer up our other dog. Perfect.

In numbers

30%

Thirty per cent of Canadians do most of their holiday shopping in the 10 days before Christmas.

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Single? It may be unhealthy for you

Study. Researchers in Sweden find that single men are least likely to believe they could influence their own health

CELIA MILNE
For Metro

OK there Columbo, you know smoking is bad for you, right? ISTOCK

Ever noticed single men don't seem to care about their health? It's not your imagination.

A large study in Sweden has found that men who don't live with a mate are less likely to believe they can influence their own health. As a group, they are less motivated than others.

Researchers studied 28,198 men and women between the ages of 18 and 80 to find out whether they possessed a social factor called "internal health locus of control" which essentially means a belief that your behaviour influences your health. They found 33.7 per cent of the men and 31.8 per cent of the women lacked internal health locus of control.

Single men living alone were the least likely to believe they could influence their own health through things like eating a healthy diet, exercising regularly, not smoking and keeping alcohol consumption under control.

Men and women who were widows also scored fairly low on the tests.

Yet these healthy behaviours are known to help prevent cardiovascular disease, diabetes and some forms of cancer.

"Marital status affects health locus of control," says Martin Lindström, a professor of social medicine at Lund University in Malmö, Sweden.

He believes this finding is important for policy makers as they design messages to promote healthy behaviour in single men.

While the study was conducted in a Swedish population, it may be applicable to Canada.

"Health promotion should particularly consider some marital status groups," he added.

Advice

Elevator etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

When in an elevator at the office or home, have you ever pushed the 'close the door' button while someone was coming toward you, or do you always hold the elevator door open for them?

If truth were told, of course I have pushed the 'close the door' button in the past, but I actually make an effort to hold the door for people, as I am always appreciative when others do that for me.

The few times I have pushed the 'close the door' button is when someone is very far away down the hallway and I'm running late for a meeting. But while we are on the topic of elevators, here are a few of my own pet peeves.

1. People who talk on their cellphone while in the elevator

2. Not stepping out of the way, or even out of the elevator, when others are trying to get out.

3. Parents who allow their kids to push all of the buttons thus forcing the elevator to stop at each floor.

4. Jumping the line to enter the elevator when people are waiting.

This elevator sign should include the words 'No cellphones.' ISTOCK

ADVERTISEMENT

Ways to Pay off a Mortgage Faster

Become mortgage-free sooner with these tips.

There are several ways to reduce your mortgage debt and pay-off your mortgage faster. Some of these variables include: interest rates, payment frequency, amortization period, and extra payments. By managing these factors, you can get the most out of your mortgage, pay the least amount of interest possible and most importantly, becoming mortgage-free.

Choose a shorter amortization period: The longer the amortization period, the more interest paid and the longer it will take to become mortgage-free. A shorter amortization period will make regular mortgage payments higher, as the number of mortgage payments is being reduced. If you're able to afford higher monthly payments, consider selecting a 15 to 20-year amortization period instead of a 25-year period.

Bi-weekly payments: Selecting biweekly mortgage payments instead of monthly or bi-monthly payments equals two additional payments each and every year. This may not seem like much, but over the course of your mortgage it adds up. For a small change, biweekly payments produce big results.

Additional payments: Paying more on your mortgage is always a good idea; particularly since any additional payment will go directly towards paying off the principle and not toward interest – which immediately and significantly reduces your amount owing. Look for mortgages that allow you to increase your monthly payment or pay in lump sums. Many mortgages allow this annually to a maximum of 20% of the principle. If you also need to build up you retirement fund then consider contributing all you are able to your RRSP and using your tax refund towards your mortgage for double the benefit.

Refinance: As mortgage rates fluctuate, consider refinancing your mortgage to lower your payments and reduce the amount of interest. While refinancing, it may be a good time to reduce the amortization period and save even more.

Put it all Together. By combining the above techniques – shorter amortization, biweekly payments, additional payments and refinancing mortgage rates – you can save a significant amount in interest costs and cut your mortgage repayment.

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Is eyeliner the secret to workplace success? Some Korean men think so

Craze. South Korea has become the male makeup capital of the world with competition for jobs as one of the factors

College student Cho Won-Hyuk uses an eyebrow pencil to lengthen his eyebrows. HYE SOO NAH/ THE ASSOCIATED PRESS

Cho Won-hyuk stands in front of his bedroom mirror and spreads dollops of yellow-brown makeup over his forehead, nose, chin and cheeks until his skin is flawless. Then he goes to work with a black pencil, highlighting his eyebrows until they're thicker.

"Having a clean, neat face makes you look sophisticated and creates an image that you can handle yourself well," the 24-year-old college student said.

Cho's meticulous efforts to paint the perfect face are not unusual in South Korea. In this socially conservative, male-dominated country, with a mandatory two-year military conscription for men, men spent $495.5 million on skin care last year. That accounts for nearly 21 per cent of global sales, according to global market research firm Euromonitor International. It also makes it the largest market for men's skin care in the world, even though there are only about 19 million men in South Korea.

The metamorphosis of South Korean men from macho to makeup over the last decade or so can be partly explained by fierce competition for jobs, advancement and romance in a society where, as a popular catchphrase puts it, "appearance is power." Women also have a growing expectation that men will take the time and effort to pamper their skin.

Evidence of this new direction in South Korean masculinity is easy to find. In a crowded Seoul café, a young woman takes some lipstick out of her purse and casually applies it to her male companion's lips as they talk. Korean Air holds once-a-year makeup classes for male flight attendants.

"I can understand why girls don't like to go outside without makeup — it makes a big difference," said Cho Gil-nam, a tall, stocky 27-year-old insurance fraud investigator in Seoul who starts important days by dabbing on makeup after finishing his multistep morning cleansing and moisturizing routine.

While U.S. cosmetics companies report growing sales in male cosmetics, American men are often wary of makeup. "Men Wearing Makeup a Disturbing Trend" was how American columnist Jim Shea titled a recent post.

In South Korea, however, effeminate male beauty is "a marker of social success," according to Roald Maliangkay, head of Korean studies at Australian National University.

South Korean men are barraged daily with messages in popular media suggesting that flawless skin is a crucial part of any plan to get ahead at work and romance.

"In this society, people's first impressions are very important. A man's skin is a big part of that impression, so I take care of my skin," said Kim Deuk-ryong, a 20-year-old student.

It wasn't always this way. The ideal South Korean man used to be rough and tough.

Things began to change in the late 1990s, when the South Korean government relaxed a ban on Japanese cultural goods, exposing South Koreans to different ideas on male beauty, including popular comics featuring pretty, effeminate men.

James Turnbull, a writer and lecturer on Korean feminism, sexuality and popular culture, said the economic crisis that hit South Korea in 1997 and 1998 also played a role in shifting thinking. Struggling companies often fired their female employees first, angering women who had already seen their push for equal rights take a backseat to protest movements against Japanese colonizers and the autocratic governments that followed.

"The times were ripe for a sea-change in the popular images of men in the media," Turnbull said. Women, as a result, began questioning the kinds of men society told them they should find attractive.

THE ASSOCIATED PRESS

Makeup on the field

It's not just the workplace that is seeing South Korean men applying makeup.

- **Soccer.** In 2002, large numbers were attracted to a hero of South Korea's World Cup soccer team, Ahn Jung-hwan, who became a leading member of the so-called "flower men" — a group of exceptionally good-looking, smooth-skinned, fashionable sports stars who found great success selling male cosmetics.
- **Popularity.** Men everywhere began striving to look like the "flower men" and with the encouragement of the women around them, a trend was born.

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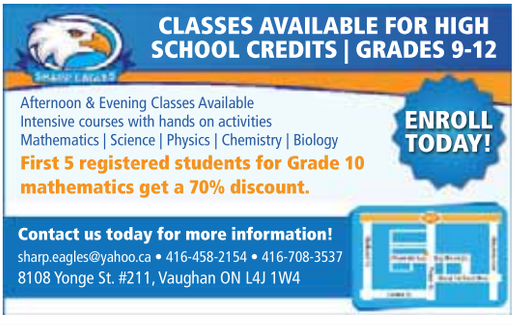
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SPORTS 4

Future uncertain for locked-out free agents

NHL. Work stoppage puts careers on hold and deters deals for unrestricted players

Two and a half months after becoming an unrestricted free agent, Kenndal McArdle is still waiting for the phone to ring.

And with the NHL in a lockout, it's unlikely he'll be getting contract offers any time soon.

"(The long wait) is something that can be frustrating, because the unrestricted free agent market is a lot smaller this summer because of the lockout," said McArdle, a 25-year-old Toronto native who grew up in Burnaby, B.C.

"There's more worrying and more uncertainty in your life. For a lot of us, hockey is our livelihood, and the uncertainty increases the amount of stress in your life. So it's been a long summer, to say the least."

McArdle is among a large group of unsigned players, young and old alike, who are waiting for the next collective bargaining agreement to determine where they will play.

Theoretically, McArdle and his contemporaries have time on their side and should be able to rebound from the lockout's impact on their careers — but the older players do not.

McArdle spent 2011-12 with the Winnipeg Jets organization, suiting up for nine NHL games. Once considered a can't-miss kid, the winger is concerned the lockout will enable a new group of prospects to make their marks in the minors, and threaten his job security.

"It gives the young guys, or the guys that are coming up, another year to mature, another year to get ready, especially with the guys who will continue to play in the American Hockey League," said McArdle. "It can help them to propel themselves up to the next level."

McArdle's agent Kevin Epp predicts there will be a "big rush" of signings once a new collective agreement is reached.

Clubs that are close to the old cap have delayed signings until the new financial framework is set. Consequently, many players and agents are in wait-and-see mode.

"It's funny when you talk to (players), because they only know what we tell them — and we don't know a lot if nobody (at the CBA negotiating table) is doing anything," Epp said.

"It's just (respecting) what history has shown us, and (understanding) how we have to be patient."

THE CANADIAN PRESS

Former Canadiens players Mathieu Darche, left, and Steve Begin arrive for an informal training session at the Habs' practice facility on Monday in Brossard, Que. GRAHAM HUGHES/THE CANADIAN PRESS

Quoted

"The current (unrestricted free agents) are in limbo because the first wave was signed and now everybody's waiting to see what the cap number will be."

Agent J.P. Barry

NHL

Habs players lead major exodus to minor league

The Montreal Canadiens have assigned 21 players, including forwards Blake Geoffrion and Louis Leblanc, to the American Hockey League's Hamilton Bulldogs.

The move comes after the NHL locked out its players on Saturday.

The Canadiens also assigned forwards Alexander Avtsin, Alain Berger, Michael Blunden, Michael Bournival, Gabriel Dumont, Brendan Gallagher, Patrick Holland, Philippe Lefebvre, Joonas Nattinen, Steven Quailer and Ian Schultz.

Defencemen Nathan Beaulieu, Morgan Ellis, Brendon Nash, Greg Pateryn, Joe Stejskal and Jarred Tinordi and goaltenders Peter Delmas and Robert Mayer will also suit up for Hamilton.

All the players assigned are on two-way, entry-level contracts.

THE CANADIAN PRESS

MLB. Jays looking into reported homophobic slur on Escobar's eye-black

The Toronto Blue Jays say they're looking into reports that shortstop Yunel Escobar played Saturday's game against Boston with a homophobic slur written in Spanish under his eyes.

Several pictures posted online show Escobar with the message written in his eye-black, a type of sticker players wear under their eyes to reduce the sun's glare.

The words under the 29-year-old Cuban's eyes were "TU ERE MARICON" which can be translated as "You are a faggot."

"The Toronto Blue Jays do not support discrimination of any kind nor condone the message displayed by Yunel Escobar during Saturday's game," the team said in a statement.

"The club takes this situation seriously and is investigating the matter."

THE CANADIAN PRESS

Jays shortstop Yunel Escobar at Rogers Centre on Saturday. GETTY IMAGES FILE

NHL

Wild get creative to keep ticket holders on board

The Minnesota Wild are offering season ticket holders 10 per cent interest in return if they keep their accounts paid in full during the NHL lockout and don't request a refund.

The Wild announced Monday they'll credit those season ticket holders for any cancelled games, plus 10 per cent interest on the dollar value of tickets for the lost games. That can be applied toward future games or subsequent season renewals. Credit will be issued when a new collective bargaining agreement is reached between the owners and players. THE ASSOCIATED PRESS

NHL. Leafs' Reimer reacts to loss of coach Allaire

Maple Leafs goaltender James Reimer was fresh from an on-ice workout on Day 2 of the NHL lockout when he was asked to ponder the meaning of a beloved coach's walkout.

News broke in Quebec's media Monday that Francois Allaire, Toronto's goaltending coach for the past three seasons, won't be returning to the Leafs' NHL staff if and when the newly commenced labour standoff subsides. For Reimer, whose brief glimpses of NHL success have been enjoyed under Allaire's tutelage, it was not a welcome development.

"I don't know if I could have made the NHL without him," Reimer said of Allaire.

Exactly who'll step into Allaire's shoes is, for now, the subject of rumour and conjecture — although perhaps it was telling that Reimer said he planned to travel to Winnipeg next week to work with Rick St. Croix, the former Leafs goaltender whose name has come up as a possible candidate for the Toronto job.

TORSTAR NEWS SERVICE

Leafs goalie James Reimer. GETTY IMAGES FILE

Mobile sports

Qriket

Questionable calls by replacement officials in Week 2 are not sitting well with players and coaches around the NFL. Some are fuming and others wonder if the league is concerned about the integrity of the game.

Encarnacion has come a long way

MLB. Dominican teenager who 'sucked' has blossomed into the Blue Jays' best player

At one point in his career — early on, when he was a 19-year-old — Edwin Encarnacion actually thought he was a terrible ball player.

There was context to that state of mind: as a baseball "kid," Encarnacion had just been traded by the Rangers to the Reds. Not savvy yet in the business of baseball, Encarnacion felt it was his fault, and in reflecting on it at the time, he believed he "sucked."

Ten years later, the man who is the Jays' best player, who is tied for second in the major leagues with 40 homers (heading into Monday's games), and who has a 102 RBI in a remarkable breakout season, presents a dramatic contrast to that scared teenager. Encarnacion has come a long way in the game. And the potential locked in a kid who the Rangers drafted back in the ninth round of 2000 is blossoming now in Toronto, where he rates serious consideration as one of the most dangerous power hitters in the American League.

Edwin Encarnacion
TORSTAR NEWS SERVICE FILE

"Wow, what a difference," Jays GM Alex Anthopoulos said, referring just to Encarnacion's progress in Toronto since being acquired from the Reds in 2009 for Scott Rolen.

"When he first got here he had a wrist problem and the year before with the Reds he had that 26-home-run season. I think he's transformed his body (here in Toronto), his mindset, his work ethic, leadership ... all things we didn't know about him at first."

Since the power potential was only fully realized just this season, Encarnacion's status among baseball's power elite is relatively new and arguably overlooked in some corners.

"I'm happy for me and for my family, it's made me happy for all the hard work you do over the past couple of years," Encarnacion said.

TORSTAR NEWS SERVICE

Encarnacion's batting stats:

2011	2012
AB: 481	AB: 499
HR: 17	HR: 40
RBI: 55	RBI: 102
BB: 43	BB: 77
AVG: .272	AVG: .279
OPS: .787	OPS: .947

MLB

White Sox make Tigers pay for error

Omar Infante's throwing error on a potential double play helped Chicago score two runs in the fifth inning Monday and the White Sox beat the Detroit Tigers 5-4 in a pivotal makeup game.

Chicago increased its lead in the AL Central to three games.

Nate Jones (8-0) pitched 2 2-3 innings of one-hit relief and the White Sox won their fourth straight game.

THE ASSOCIATED PRESS

Miguel Cabrera reacts after flying out vs. the Chicago White Sox Monday in Chicago. GETTY IMAGES

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	83	63	.568	—
Baltimore	82	64	.562	1
Tampa Bay	78	68	.534	5
Toronto	66	79	.455	16½
Boston	66	81	.449	17½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	80	66	.548	—
Detroit	77	69	.527	3
Kansas City	66	80	.452	14
Cleveland	61	86	.415	19½
Minnesota	60	87	.408	20½

WEST DIVISION

	W	L	Pct	GB
Texas	87	59	.596	—
Oakland	84	62	.575	3
Los Angeles	80	67	.544	7½
Seattle	70	77	.476	17½

Monday's results
Chicago White Sox 5 Detroit 4
Boston at Tampa Bay
Baltimore at Seattle
Sunday's results
Toronto 5 Boston 0
Baltimore 9 Oakland 5
Chicago White Sox 9 Minnesota 2
Cleveland 7 Detroit 6
L.A. Angels 4 Kansas City 3
N.Y. Yankees 6 Tampa Bay 4
Texas 2 Seattle 1
Tuesday's Games — All Times Eastern
Minnesota (Walters 2-4) at Cleveland (D.Huff 1-0), 7:05 p.m.
Oakland (Griffin 6-0) at Detroit (Scherzer 16-6), 7:05 p.m.
Toronto (R.Romero 8-14) at N.Y. Yankees (Pettitte 3-3), 7:05 p.m.
Boston (Doubront 10-9) at Tampa Bay (Hellickson 8-10), 7:10 p.m.
Chicago White Sox (Floyd 9-10) at Kansas City (Hochevar 8-13), 8:10 p.m.
Texas (Dempster 6-1) at L.A. Angels (Weaver 17-4), 10:05 p.m.
Baltimore (W.Chen 12-9) at Seattle (Er.Ramirez 1-2), 10:10 p.m.
Wednesday's Games
Minnesota at Cleveland, 7:05 p.m.
Oakland at Detroit, 7:05 p.m.
Toronto at N.Y. Yankees, 7:05 p.m.
Boston at Tampa Bay, 7:10 p.m.
Chicago White Sox at Kansas City, 8:10 p.m.
Texas at L.A. Angels, 10:05 p.m.
Baltimore at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	89	57	.610	—
Atlanta	84	63	.571	5½
Philadelphia	73	74	.497	16½
New York	66	80	.452	23
Miami	65	82	.442	24½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	88	59	.599	—
St. Louis	77	70	.524	11
Milwaukee	74	72	.507	13½
Pittsburgh	73	72	.503	14
Chicago	58	88	.397	29½
Houston	48	99	.327	40

WEST DIVISION

	W	L	Pct	GB
San Francisco	83	63	.568	—
Los Angeles	76	71	.517	7½
Arizona	72	74	.493	11
San Diego	71	76	.483	12½
Colorado	58	87	.400	24½

Monday's results
Atlanta at Miami
Philadelphia at N.Y. Mets
Pittsburgh at Chicago Cubs
Colorado at San Francisco
Sunday's results
Arizona 10 San Francisco 2
Atlanta 5 Washington 1
Chicago Cubs 13 Pittsburgh 9
Cincinnati 5 Miami 4 (11 innings)
Houston 7 Philadelphia 6
Milwaukee 3 N.Y. Mets 0
San Diego 12 Colorado 11
St. Louis 5 L.A. Dodgers 2 (12 innings)
Tuesday's Games — All Times Eastern
L.A. Dodgers (Harang 9-9) at Washington (Zimmermann 10-8), 7:05 p.m.
Milwaukee (Gallardo 15-8) at Pittsburgh (A.J.Burnett 15-7), 7:05 p.m.
Atlanta (Maholm 12-10) at Miami (Eovaldi 4-12), 7:10 p.m.
Philadelphia (Cloyd 1-1) at N.Y. Mets (Harvey 3-5), 7:10 p.m.
Cincinnati (H.Bailey 11-9) at Chicago Cubs (Germano 2-7), 8:05 p.m.
Houston (Abad 0-4) at St. Louis (Lohse 14-3), 8:15 p.m.
San Diego (Stults 6-2) at Arizona (I.Kennedy 13-11), 9:40 p.m.
Colorado (Francis 5-5) at San Francisco (Lincecum 9-14), 10:15 p.m.
Wednesday's Games
L.A. Dodgers at Washington, 7:05 p.m.
Milwaukee at Pittsburgh, 7:05 p.m.
Atlanta at Miami, 7:10 p.m.
Philadelphia at N.Y. Mets, 7:10 p.m.
Cincinnati at Chicago Cubs, 8:05 p.m.
Houston at St. Louis, 8:15 p.m.
San Diego at Arizona, 9:40 p.m.
Colorado at San Francisco, 10:15 p.m.

AMERICAN LEAGUE LEADERS

BATTING—MiCabrera, Detroit, .330; Trout, Los Angeles, .329; Jeter, New York, .323; Mauer, Minnesota, .321; Beltre, Texas, .318; DavMurphy, Texas, .314; Butler, Kansas City, .310.
RUNS—Trout, Los Angeles, 116; Hamilton, Texas, 98; MiCabrera, Detroit, 97; Kinsler, Texas, 96; Jeter, New York, 93; AJackson, Detroit, 92; Beltre, Texas, 90; Cano, New York, 90; Granderson, New York, 90; AdJones, Baltimore, 90.
RBI—MiCabrera, Detroit, 123; Hamilton, Texas, 123; Willingham, Minnesota, 105; **Encarnacion, Toronto, 102**; Fielder, Detroit, 98; Pujols, Los Angeles, 96; Butler, Kansas City, 95.Iand, 37; NCruz, Texas, 37; AdGonzalez, Boston, 37.
HOME RUNS—Hamilton, Texas, 42; **Encarnacion, Toronto, 40**; ADunn, Chicago, 39; Granderson, New York, 39; MiCabrera, Detroit, 38; Willingham, Minnesota, 34; Beltre, Texas, 33.
STOLEN BASES—Trout, Los Angeles, 45; **RDavis, Toronto, 44**; Revere, Minnesota, 36; Crisp, Oakland, 34; BUpton, Tampa Bay, 30; AEscobar, Kansas City, 29; DeJennings, Tampa Bay, 27; Kipnis, Cleveland, 27.
PITCHING—Price, Tampa Bay, 18-5; Weaver, Los Angeles, 17-4; Sale, Chicago, 17-6; MHarrison, Texas, 17-9; Scherzer, Detroit, 16-6; Darvish, Texas, 15-9; PHughes, New York, 15-12.
STRIKEOUTS—Scherzer, Detroit, 220; Verlander, Detroit, 218; Darvish, Texas, 205; FHernandez, Seattle, 199; Shields, Tampa Bay, 193; Price, Tampa Bay, 181; Peavy, Chicago, 177.
SAVES—Rodney, Tampa Bay, 43; JiJohnson, Baltimore, 43; RSoriano, New York, 40; CPerez, Cleveland, 36; Nathan, Texas, 33; Valverde, Detroit, 31; Wilhelmsen, Seattle, 27; Reed, Chicago, 27.

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	11	7	4	0	301	327	14
Toronto	11	6	5	0	278	274	12
Hamilton	11	4	7	0	341	347	8
Winnipeg	11	2	9	0	203	365	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	11	8	3	0	298	204	16
Calgary	11	7	4	0	312	257	14
Saskatchewan	11	5	6	0	284	234	10
Edmonton	11	5	6	0	247	256	10

Friday's game — All Times Eastern
Hamilton at Winnipeg, 8 p.m.
Saturday's game
B.C. at Edmonton, 7:30 p.m.
Sunday's games
Toronto at Montreal, 1 p.m.
Calgary at Saskatchewan, 4 p.m.
WEEK 12
Sunday's result
Montreal 28 Saskatchewan 17
Saturday's results
B.C. 28 Toronto 23
Hamilton 51 Edmonton 8
Friday's result
Calgary 44 Winnipeg 3

TRANSACTIONS

CFL

WINNIPEG BLUE BOMBERS — Signed DL Andre Caroll.

MLB

COMMISSIONER'S OFFICE — Suspended Cincinnati minor league LHP Mitchell Clarke 50 games for a second violation of the Minor League Drug Prevention and Treatment Program for a drug of abuse.
American League
TEXAS RANGERS — Agreed to terms with RHP Colby Lewis on a one-year contract through the 2013 season.
National League
ST. LOUIS CARDINALS — Agreed to a two-year player development contract with State College (NYP).

NBA

BROOKLYN NETS—Signed G Stephen Dennis, F James Mays and F Carleton Scott.

NFL

CHICAGO BEARS — Signed TE Gabe Miller to the practice squad.
NEW YORK JETS — Signed WR Royce Pollard to the practice squad. Released WR Stanley Arukwe from the practice squad.
Canadian Football League

NHL

MONTREAL CANADIENS — Assigned F Alexander Avtsin, F Alain Berger, F Michael Blunden, F Michael Bournival, F Gabriel Dumont, F Brendan Gallagher, F Blake Geoffrion, F Patrick Holland, F Louis Leblanc, F Philippe Lefebvre, F Joonas Nattinen, F Steve Quailer, F Ian Schultz, D Nathan Beaulieu, D Morgan Ellis, D Brendon Nash, D Greg Pateryn, D Joe Stejskal, D Jarred Tinordi, G Peter Delmas and G Robert Mayer to Hamilton (AHL).
SAN JOSE SHARKS — Assigned F Curt Gogol, F Freddie Hamilton, F Bracken Kearns, F James Livingston, F Jon Matsumoto, F Travis Oleksuk, F Brodie Reid, F Sebastian Stalberg, D Sena Acolatse, D Taylor Doherty, D Danny Groulx, D Matt Irwin, D Matt Tennyson, G Thomas Heemskerk, G Harri Sateri and G Alex Stalock.

GOLF

PGA FEDEXCUP STANDINGS

Points—Money	YTD
1. Rory McIlroy	7,299—$7,842,192
2. Tiger Woods	4,067—$5,885,158
3. Nick Watney	3,586—$2,800,524
4. Phil Mickelson	3,420—$4,036,621
5. Brandt Snedeker	3,357—$3,549,739
6. Louis Oosthuizen	3,167—$3,320,195
7. Dustin Johnson	3,097—$3,188,060
8. Lee Westwood	2,726—$2,888,569
9. Zach Johnson	2,576—$4,326,804
10. Jason Dufner	2,575—$4,717,304
11. Bubba Watson	2,377—$4,340,997
12. Sergio Garcia	2,043—$2,342,916
13. Steve Stricker	2,028—$3,272,821
14. Keegan Bradley	2,007—$3,769,858
15. Luke Donald	2,005—$3,044,024
16. Matt Kuchar	2,002—$3,697,305
17. Carl Pettersson	1,976—$3,386,656
18. Jim Furyk	1,966—$3,079,805
19. Bo Van Pelt	1,950—$2,837,749
20. Robert Garrigus	1,945—$2,547,683
21. Adam Scott	1,923—$2,742,757
22. Ernie Els	1,922—$3,247,818
23. Hunter Mahan	1,899—$3,771,193
24. Justin Rose	1,791—$3,426,930
25. Webb Simpson	1,782—$3,132,758
26. John Huh	1,640—$2,490,013
27. Rickie Fowler	1,600—$2,925,493
28. Ryan Moore	1,568—$1,580,944
29. John Senden	1,512—$1,782,251
30. Scott Piercy	1,499—$2,375,630
Did not advance to Tour Championship	
31. Kyle Stanley	1,492—$2,351,857
32. Bill Haas	1,471—$2,349,951
33. Vijay Singh	1,406—$1,347,957
34. Kevin Stadler	1,403—$1,516,786
35. Greg Chalmers	1,402—$1,166,627
36. Johnson Wagner	1,386—$2,225,007
37. Seung-Yul Noh	1,379—$1,629,751
38. Bud Cauley	1,342—$1,721,515
39. Ian Poulter	1,280—$1,715,271
40. Tom Gillis	1,277—$1,125,258
41. Ben Curtis	1,230—$2,416,473
42. Graeme McDowell	1,222—$2,408,279
43. Padraig Harrington	1,213—$1,546,272
44. Jeff Overton	1,199—$1,326,757
45. Troy Matteson	1,190—$1,198,953

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	1	1	0	.500	58	55
New England	1	1	0	.500	52	33
Miami	1	1	0	.500	45	43
Buffalo	1	1	0	.500	63	65

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	57	17
Indianapolis	1	1	0	.500	44	61
Tennessee	0	2	0	.000	23	72
Jacksonville	0	2	0	.000	30	53

NORTH

	W	L	T	Pct	PF	PA
Baltimore	1	1	0	.500	67	37
Cincinnati	1	1	0	.500	47	71
Pittsburgh	1	1	0	.500	46	41
Cleveland	0	2	0	.000	43	51

WEST

	W	L	T	Pct	PF	PA
San Diego	2	0	0	1.000	60	24
Denver	1	0	0	1.000	31	19
Kansas City	0	2	0	.000	41	75
Oakland	0	2	0	.000	27	57

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	2	0	0	1.000	41	39
Dallas	1	1	0	.500	31	44
Washington	1	1	0	.500	68	63
N.Y. Giants	1	1	0	.500	58	58

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	1	0	0	1.000	40	24
Tampa Bay	1	1	0	.500	50	51
Carolina	1	1	0	.500	45	43
New Orleans	0	2	0	.000	59	75

NORTH

	W	L	T	Pct	PF	PA
Green Bay	1	1	0	.500	45	40
Detroit	1	1	0	.500	46	50
Minnesota	1	1	0	.500	46	46
Chicago	1	1	0	.500	51	44

WEST

	W	L	T	Pct	PF	PA
Arizona	2	0	0	1.000	40	34
San Francisco	2	0	0	1.000	57	41
St. Louis	1	1	0	.500	54	55
Seattle	1	1	0	.500	43	27

WEEK TWO

Monday's result
Denver at Atlanta
Sunday's results
Arizona 20 New England 18
Buffalo 35 Kansas City 17
Carolina 35 New Orleans 27
Indianapolis 23 Minnesota 20
Cincinnati 34 Cleveland 27
Houston 27 Jacksonville 7
Miami 35 Oakland 13
N.Y. Giants 41 Tampa Bay 34
Philadelphia 24 Baltimore 23
Pittsburgh 27 N.Y. Jets 10
San Diego 38 Tennessee 10
San Francisco 27 Detroit 19
Seattle 27 Dallas 7
St. Louis 31 Washington 28
Thursday's result
Green Bay 23 Chicago 10

WEEK THREE

Thursday's game — All Times Eastern
N.Y. Giants at Carolina, 8:20 p.m.
Sunday's games
Tampa Bay at Dallas, 1 p.m.
St. Louis at Chicago, 1 p.m.
San Francisco at Minnesota, 1 p.m.
Detroit at Tennessee, 1 p.m.
Kansas City at New Orleans, 1 p.m.
Cincinnati at Washington, 1 p.m.
N.Y. Jets at Miami, 1 p.m.
Buffalo at Cleveland, 1 p.m.
Jacksonville at Indianapolis, 1 p.m.
Philadelphia at Arizona, 4:05 p.m.
Atlanta at San Diego, 4:05 p.m.
Pittsburgh at Oakland, 4:25 p.m.
Houston at Denver, 4:25 p.m.
New England at Baltimore, 8:20 p.m.
Monday, Sept. 24
Green Bay at Seattle, 8:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	28	15	7	6	35	25	51
Chicago	28	15	8	5	40	33	50
New York	28	14	7	7	49	40	49
Houston	29	12	7	10	41	34	46
D.C. United	28	13	10	5	45	39	44
Columbus	28	12	10	6	34	35	42
Montreal	30	12	15	3	44	49	39
New England	29	7	15	7	36	40	28
Philadelphia	26	7	13	6	26	31	27
Toronto	29	5	17	7	32	51	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	28	17	6	5	58	33	56
Seattle	28	13	6	9	44	29	48
Real Salt Lake	29	14	11	4	38	33	46
Los Angeles	29	14	11	4	50	40	46
Vancouver	29	10	12	7	29	38	37
Dallas	30	9	12	9	35	38	36
Colorado	29	9	18	2	36	43	29
Chivas USA	27	7	13	7	21	43	28
Portland	28	7	14	7	28	47	28

x — clinched playoff berth.
Note: Three points for a win, one for a tie.
Wednesday's games — All Times Eastern
Kansas City at New York, 7 p.m.
Chivas USA at Columbus, 7:30 p.m.
Portland at San Jose, 10:30 p.m.
Thursday's game
D.C. United at Philadelphia, 8 p.m.
Saturday's games
Kansas City at Montreal, 1:30 p.m.
New York at New England, 7:30 p.m.
Portland at Real Salt Lake, 8 p.m.
Columbus at Chicago, 8:30 p.m.
Toronto at Los Angeles, 10:30 p.m.
San Jose at Seattle, 10:30 p.m.
Sunday's games
Houston at Philadelphia, 5 p.m.
Chivas USA at D.C. United, 7 p.m.
Colorado at Vancouver, 7:30 p.m.

INTERNATIONAL SCORES

MONDAY'S RESULTS
ENGLAND
Everton 2, Newcastle 2
SPAIN
Valladolid 0, Real Betis 1

NASL

	GP	W	L	T	GF	GA	Pt
x-San Antonio	26	13	6	7	44	23	46
x-Tampa Bay	26	12	7	7	36	29	43
x-Puerto Rico	27	11	9	7	31	29	40
x-Carolina	26	10	8	8	43	45	38
x-Ft. Lauderdale	27	9	10	8	38	44	35
Minnesota	27	8	9	10	33	32	34
Atlanta	26	6	12	8	31	44	26
Edmonton	27	5	13	9	24	34	24

x — clinched playoff berth.
Sunday's results
Tampa Bay 3 Edmonton 0
Carolina 2 San Antonio 1
Saturday's results
Atlanta 1 Fort Lauderdale 0
Puerto Rico 2 Minnesota 0

UEFA CHAMPIONS LEAGUE

TUESDAY'S GAMES — All Times Eastern
GROUP A
Dinamo Zagreb vs. Porto, 2:45 p.m.
PSG vs. Dynamo Kyiv, 2:45 p.m.
GROUP B
Montpellier vs. Arsenal, 2:45 p.m.
Olympiacos vs. Schalke, 2:45 p.m.
GROUP C
Mlaga vs. Zenit, 2:45 p.m.
Milan vs. Anderlecht, 2:45 p.m.
GROUP D
Dortmund vs. Ajax, 2:45 p.m.
Real Madrid vs. Manchester City, 2:45 p.m.
WEDNESDAY'S GAMES
GROUP E
Shakhtar Donetsk vs. Nordsjlland, 2:45 p.m.
Chelsea vs. Juventus, 2:45 p.m.
GROUP F
LOSC vs. BATE, 2:45 p.m.
Bayern vs. Valencia, 2:45 p.m.
GROUP G
Barcelona vs. Spartak Moskva, 2:45 p.m.
Celtic vs. Benfica, 2:45 p.m.
GROUP H
Manchester United vs. Galatasaray, 2:45 p.m.
Braga vs. CFR Cluj, 2:45 p.m.

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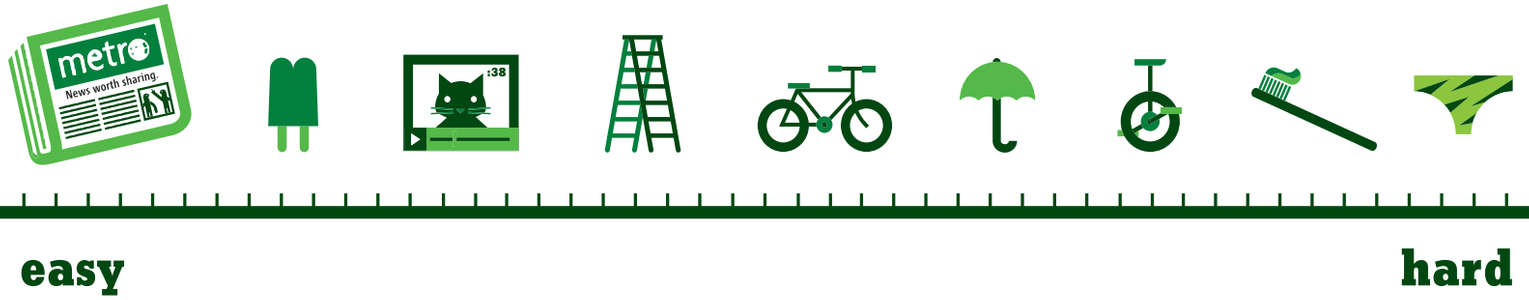

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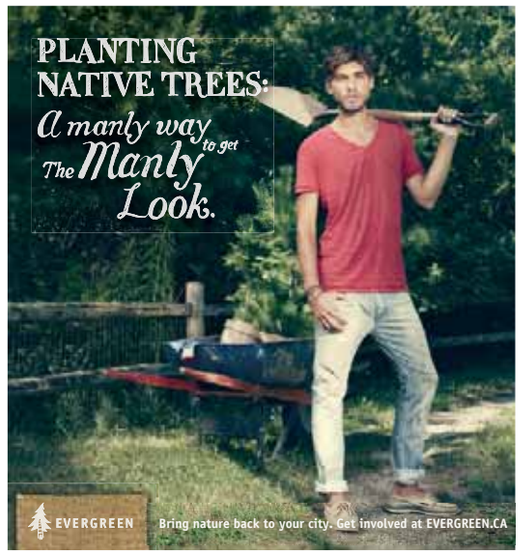
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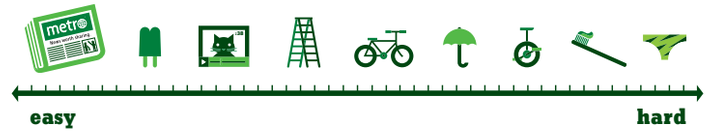
Sharability



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Horoscopes

Aries
March 21 - April 20
The only worry now is that so many things are going well for you that you take too much for granted and end up making some kind of silly mistake. Watch out for little things that might trip you up.

Taurus
April 21 - May 21
Act quickly if you have a good idea or see an opening that others appear to have missed. Pluto's positive influence means it's OK to be forceful when dealing with others, as long as you have a specific goal.

Gemini
May 22 - June 21
The current cosmic set-up will make it easy for you to find extra cash if you need it, but you've still got to make an effort. Yes, you might win the lottery but be reasonable, the chances are slim.

Cancer
June 22 - July 23
The planets indicate that whatever has gone out of your life over the past few months will be replaced by something infinitely better over the next few weeks. Think positive and positive things are sure to happen.

Leo
July 24 - Aug. 23
Steer clear of people who display negative attitudes, even if they are people to whom you are close emotionally. You have important things to take care of today, things that make a positive outlook a must.

Virgo
Aug. 24 - Sept. 23
With Pluto, planet of passion, turning direct in the area of your chart that governs affairs of the heart, this is the ideal time to let that special person know how you feel about them. Don't just say it — show it.

Libra
Sept. 24 - Oct. 23
Whatever happens today, be it good, bad or indifferent, you will handle it with courage and confidence. This is an especially good time to make decisions about family issues. Let your intuition guide your actions.

Scorpio
Oct. 24 - Nov. 22
No matter how well you think you are doing, you should be doing even better. Set your sights high and don't rest until you have realized your dream. You can't just sit back and let life come to you.

Sagittarius
Nov. 23 - Dec. 21
You may be tempted to take drastic measures to put right a financial issue that has been worrying you — and that's exactly what you should do. You have more to gain than you have to lose.

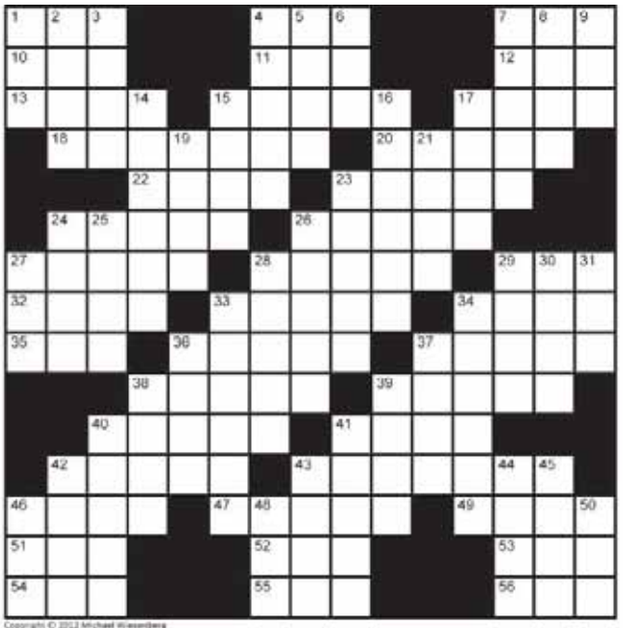
Capricorn
Dec. 22 - Jan. 20
Don't waste your precious time seeking other people's approval, just get on and do what needs to be done. Not everyone will agree with your aims, and fewer still with your tactics, but why do you care?

Aquarius
Jan. 21 - Feb. 19
As much as possible, try to convince others to go along with your plans rather than force them to do as you say. Just because you have the power to order people about does not mean you have to use it.

Pisces
Feb. 20 - March 20
You will perform miracles today. No matter how difficult the task you are faced with, you will find a way to make a success of it. Friends and rivals alike will praise you for a job well done. SALLY BROMPTON

Crossword: A Few PMs

BY MICHAEL WIESENBERG



Across
1. Likely
4. CBS forensic drama
7. Canadian pols
10. Cow sound
11. Ad ___ committee
12. Evolutionary time period
13. Vassal
15. PM St. Laurent
17. Pack away
18. ___ Canadian (beer)
20. Scarborough, Ontario-born Austin Powers player Mike
22. "I should be sleeping like ___": line from "A Hard Day's Night" (2 wds.)
23. Portion
24. Sys ___: computer department VIP
26. ___ once: suddenly (2 wds.)
27. Towelled off
28. Secret agents
29. Obsolete TV program saver, for short
32. Some August babies
33. Gives a darn
34. Will beneficiary
35. Bond creator Fleming
36. Had the courage to try
37. Tosses
38. Pop trio brothers
39. Liberal or Conservative ___
40. ___ and the whale
41. Pile
42. Got in shape, with "up"
43. R.B. ___: 11th Prime Minister, who moved to Calgary in 1897, which became his political base
46. BMW subcompact model taken over from Rover in 2000
47. Years and years
49. Toronto-based "Tom Sawyer" group
51. "___ Maria"
52. "I got an ___ the test": "I aced it" (2 wds.)
53. Scottish "no"
54. Windows 7 or Mac OS X: acronym
55. Can. neighbour
56. Elbow's locale

Down
1. Morning times, for short
2. Bard's creation
3. Matador's opponent
4. Cheech's Edmonton-born partner
5. Under: Fr.
6. Here: Fr.
7. 39.37 inches
8. Amateurs' opposites
9. Observed
14. Calgary team
15. Bird that gives its name to the $1 coin
16. Happy expressions
17. Hutterites or Mennonites
19. Skidded
21. Affirmations
23. Carried on, as a trade
24. Field
25. Edmonton-born Maple Leaf Phaneuf
26. After: Fr.
27. 551 on a monument
28. NS-born singer McLachlan
29. Bulletproof garment
30. Québec ___
31. Monopoly has 4: abbr.
33. "O" follower
34. 22nd PM, whose riding also is in Calgary
36. Finished
37. James ___: TV's *Las Vegas* star
38. ___ Mitchell: Fort Macleod, Alberta-born writer of Crosby, Stills, Nash & Young hit "Woodstock"
39. Writes
40. James Earl or Tommy Lee
41. Auburn dye
42. DVR pioneer
43. Heckles
44. Albacore in a can
45. Russian leader before 1917
46. Angry
48. ___ de Cologne
50. Bottom seam

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	7	9	5		1			2
	5	3						1
2			9					
3	9				4			
	8	5				1	6	
			7				9	4
					3			5
5						6	4	
7			1		9	8	2	

Yesterday's Sudoku

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80%
Wednesday
16°/9°
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